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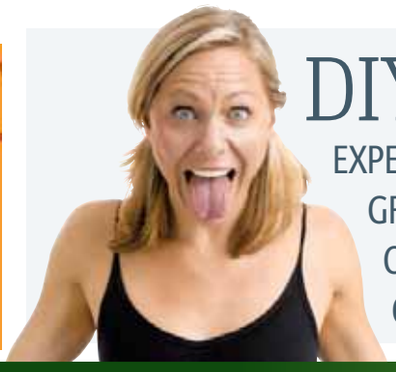

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EXPERTS SAY FACIAL YOGA IS A GREAT WAY TO ADDRESS LOSS OF COLLAGEN — PLUS IT'S CHEAPER THAN BOTOX PAGE 23

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Hate graffiti covers house

Vandalism. Police investigating, Kanata neighbourhood rattled

A Kanata homeowner is in shock after he came home early Saturday morning to see that someone had spray-painted "F--K NI--RS" and "KKK" on the front of his townhouse.

Philippe Savoie said Ottawa police came to his house around 3:30 a.m. to investigate and are treating the incident as a hate crime. Police could not be reached for comment Monday.

A large, black X now marks the front of his garage and his front door. The left side of the garage is also littered with profanity and two front lights are covered in spray paint.

"I don't understand," said Savoie. "Me and my roommate, we're really quiet people. We don't have enemies or anything or any fights with people."

He said his roommate, who was out of town Monday, is of Pakistani descent and has brown skin.

Savoie said the hate crime is very unusual because he lives in such a family-oriented, multicultural neighbourhood and he doesn't know why his house was the only one targeted.

The incident prompted him to install a surveillance camera Sunday to monitor the front porch.

"I didn't used to lock my door, but now, yeah," he said. "It's kind of angering. Everybody sees these messages now constantly and it's just a bad reminder every time."

Savoie said he has been unsuccessful in trying to remove the graffiti, so he will call a private company to get rid of it.

His next-door neighbour, Susan O'Gorman, was out of town for the weekend and was just as shocked at what she saw when she came home Monday afternoon.

"That makes me very angry," she said, reading the graffiti in disbelief. "I'm almost sorry I wasn't here because I might have heard something."

She said that she hasn't seen anything like this in her six years living in the neighbourhood.

JOE LOFARO/METRO

Philippe Savoie stands beside the graffiti that covers the front of his Kanata home Sunday afternoon. JOE LOFARO/METRO

Hold your bets

A conservative think-tank is urging councillors to delay a vote for a new casino PAGE 3

Bond 101

How much do you know about the world's most famous secret agent? PAGE 17

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Few new housing units 'affordable'

Annual development. Ottawa's average resale house prices up five per cent in 2011 to $344,791

ALEX BOUTILIER
alex.boutilier@metronews.ca

Only 8.6 per cent of new housing units in 2011 are considered affordable, according to a staff report coming before Ottawa's planning committee Tuesday.

That number falls well short of the city's planning goals, which aim for 25 per cent of all new ownership units to be affordable for households up to the 40th income percentile.

It's one of the few pieces of bad news in an otherwise rosy annual development report prepared for the committee.

The report found the city exceeded its intensification goals, with an "intensification share" of new units in the urban core at 45.2 per cent. That's increased from 43.8 per cent in 2010.

"(The Official Plan) established an intensification target of 36 per cent for the 2007 to 2011 period," the report reads. "Actual intensification from 2007 to 2011 has averaged 39.3 per cent, which exceeds the target."

Despite a slight drop in the proportion of apartment and row-house starts, city staff said Ottawa is experiencing a "significant shift" to high-density housing. In 2011, apartments and row houses accounted for 58.4 per cent of starts, while single and semi-detached dwellings made up 41.6 per cent of starts.

"The average over the past 25 years have been almost equal 50-50 shares of each, hence recent trends show a significant shift to higher density housing types," the report reads.

Retail sales

16.5B

Retail sales in the Ottawa-Gatineau region came in at $16.5 billion, a 3.8 per cent increase over the year before.

Hundreds flock for Thanksgiving meal

Nathan Paluck enjoys a hot Thanksgiving meal at the Shepherds of Good Hope Monday along with hundreds of other guests. The lineup to get a turkey dinner started outside the building on Murray Street just after 11:30 a.m. Organizers estimated approximately 500 meals were served, which included turkey, potatoes, peas and beverages. JOE LOFARO/METRO

Study first, gamble later: Conservative think-tank

Mike Patton, the provincial and municipal affairs director for CCPS, says city council is being urged to vote on something it doesn't know enough about. TWITTER.COM

A vote to signal interest in a new casino would commit Ottawa to getting one, according to a conservative think-tank opposed to the idea.

The Canadian Centre for Policy Studies is urging Ottawa city councillors to delay a vote scheduled for Wednesday that would "signal interest" in hosting a new gambling hall.

Mike Patton, the provincial and municipal affairs director for CCPS, said voting first and directing staff to look into the details later is not a strong way to develop sound public policy.

"Our concern is the process, that council will be voting on a decision regarding a new casino prior to the report being completed by staff," said Patton on Monday.

That's been a common complaint from the opposition to the idea, which has been growing since Mayor Jim Watson threw his support behind it on September 23.

A week later, the city's finance and economic development committee heard impassioned pleas from casino opponents to shelve the idea before voting 10-1 to recommend council endorse it. The final vote on the matter is slated for Wednesday.

For Patton, the issue is a lack of evidence supporting the casino backers' claims of increased revenue.

"What we're asking for is for council to hold off until the staff report is complete, review the staff report and then make whatever decision is appropriate for the city," Patton said.

ALEX BOUTILIER/METRO

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Venezuelan expat upset at Chavez win

Election results. Foreign Affairs rep says Canada will continue to work with Venezuelans and promote 'shared values'

JOE LOFARO
joe.lofaro@metronews.ca

Not everyone thought it was a time to celebrate as news broke Sunday that Hugo Chavez had won the Venezuelan presidential elections, securing his power for at least another six years.

"I was enraged," said Jose, of Ottawa, who only gave his first name out of fear of the Chavez government.

The incumbent socialist president defeated his opponent, Henrique Capriles, by a 10-point margin.

Jose, who left Caracas for Canada in 1974, was one of several members of the Venezuelan community in Ottawa who cast ballots Sunday at the Venezuelan embassy on Range Road.

He said when he logged on to Facebook that evening, his Venezuelan friends were reacting to the news. Some of them, he said, criticized the Chavez government's lack of compassion for community concerns.

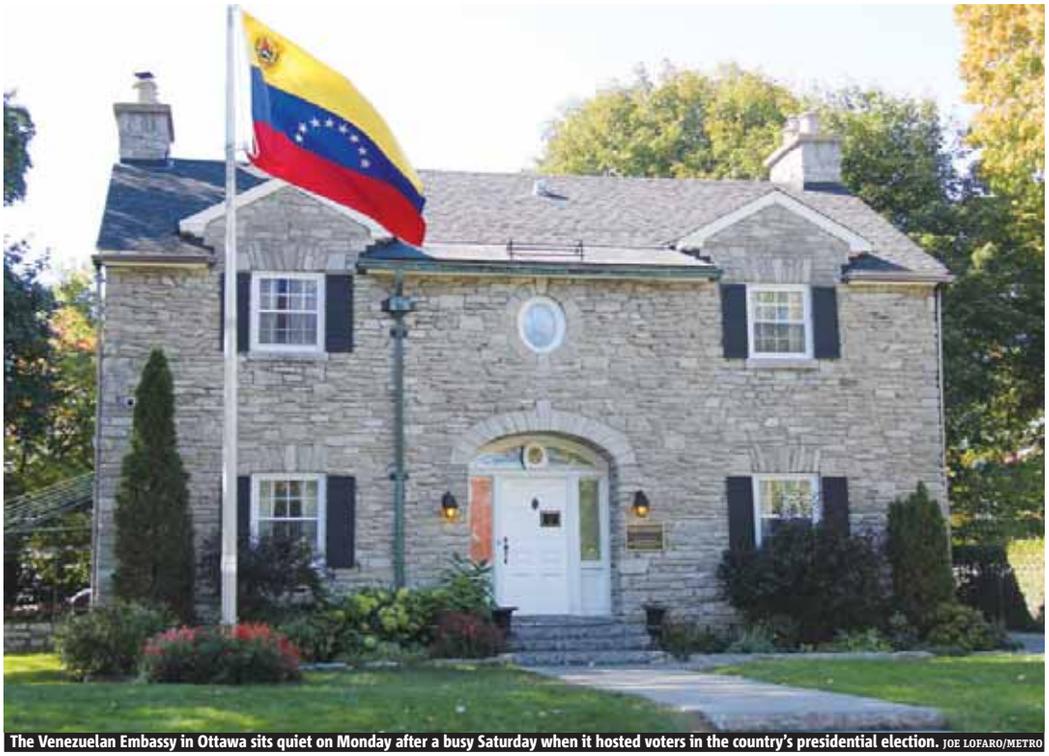
"I haven't really seen what he has done, but everybody I've talked to that is here, or my family, they don't speak very highly of him."

He said Chavez has done a lot to help the country's poor population, but it usually means taking money from rich families like his back home.

"I don't have a problem with that if I was poor, but he's taking from my family and I do have a problem with that," he said. "We run a bunch of businesses and farms and pharmacies, and he has taken a couple of farms and gave it to the people."

Canada observed the election results in a statement Monday morning from Diane Ablonczy, minister of state of foreign affairs.

"Canada will continue to work with Venezuelans and our partners throughout the region to promote our shared values in order to create a more secure and prosperous hemisphere," the statement reads.



The Venezuelan Embassy in Ottawa sits quiet on Monday after a busy Saturday when it hosted voters in the country's presidential election. JOE LOFARO/METRO

1 dead in small-plane crash west of Ottawa: Police

Ontario Provincial Police say a person is dead after a small plane crashed into a lake near Calabogie, about two hours west of Ottawa.

The single-engine Socata TBM 700 plane went down just before 12:30 p.m. Monday into Black Donald Lake in Calabogie, Ontario Provincial Police said.

While she was driving, resident Gillian Allan, whose cottage is near the lake, heard a loud boom.

"We heard a little whining — as if something's trying to breathe — then a really big bang," she said.

Another resident saw a big puff of smoke from the crash site, she added.

Witness

"We heard a little whining — as if something's trying to breathe — then a really big bang."

Gillian Allan, whose cottage is near Black Donald Lake

Allan reported seeing two fire trucks, an ambulance and five police cars on scene.

The crash site, located at cottage country, can only be reached through ATVs.

Previous reports placed the crash at Centennial Lake but the OPP reconfirmed that it happened at Black Donald Lake, about five kilometres away.

The identity of the person killed has not been released.

Sgt. Kristine Rae said officers are getting to the crash site via ATVs due to its remote location.

Initially, an Ornge rescue air ambulance had also been dispatched but it has since been cancelled.

Provincial police said that the plane was "blown apart" upon impact.

Investigators with the Transportation Safety Board are en route. THE CANADIAN PRESS/ WITH FILES FROM TORSTAR NEWS SERVICE

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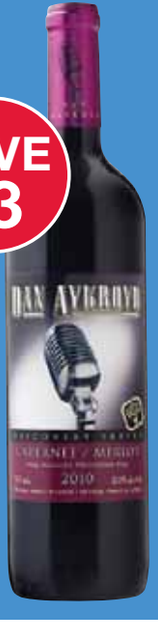

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People walk past a mural depicting President Hugo Chavez in Caracas, Venezuela, on Monday. Chavez won re-election and a new endorsement of his socialist project on Sunday. RODRIGO ABD/THE ASSOCIATED PRESS

Venezuelans give Chavez six more years

Patronage. Incumbent spent heavily before the vote, building public housing and bankrolling expanded social programs

Venezuelans awakened on Monday to the prospect of another six years under President Hugo Chavez as the leftist president's supporters celebrated his victory against a youthful rival and a galvanized opposition pledged to build on its gains.

Chavez emerged from Sunday's vote both strengthened and sobered, having reconfirmed his masterful political touch but also winning by his tightest margin yet. Challenger Henrique Capriles said while conceding defeat that his campaign had launched a new political force and that he would keep working for change.

The 58-year-old leader now has a freer hand to push for an even bigger state role in the economy and deepen friendships with U.S. rivals. Meanwhile, he's under pressure to address nuts-and-bolts governance issues such as soaring crime rates, power blackouts and double-digit inflation.

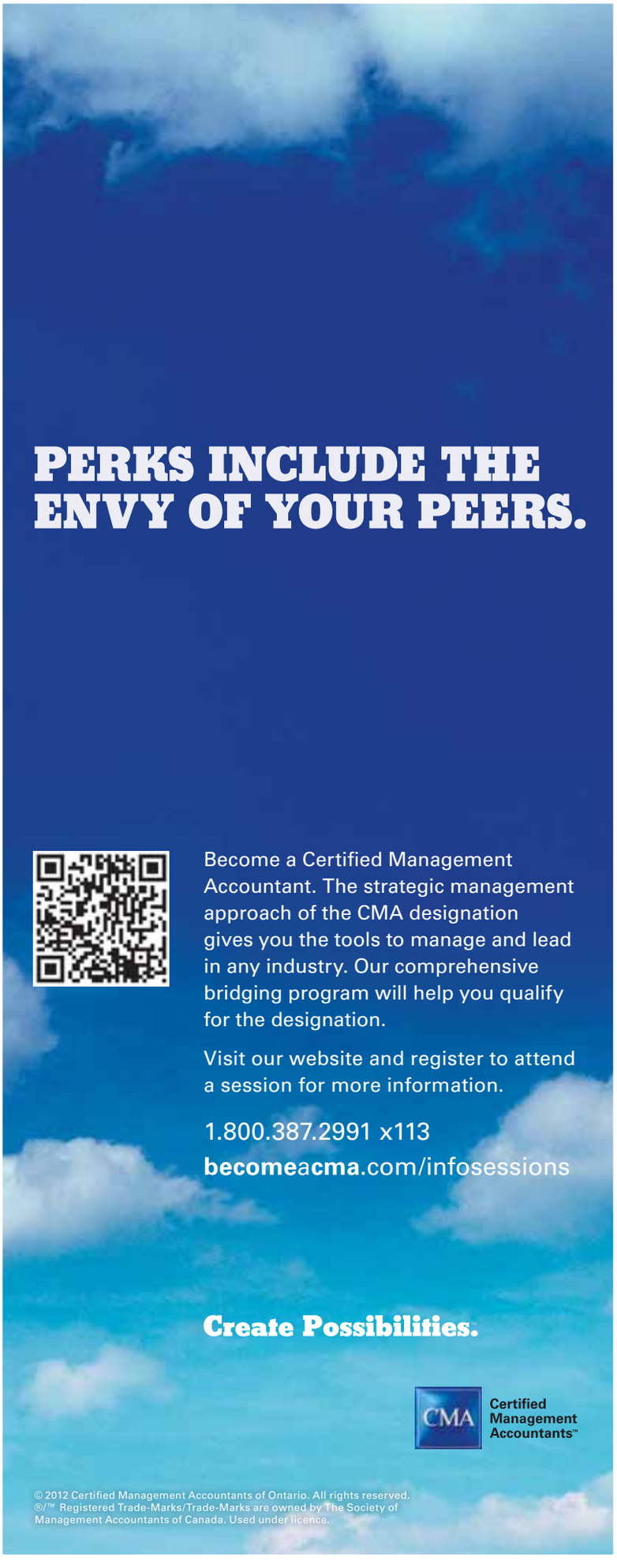
With a turnout of 81 per cent, Chavez only got 551,902 more votes this time around than he did six years ago, while the opposition boosted its tally by about 2.1 million. Chavez appeared to acknowledge the opposition's growing clout during a boisterous victory speech late Sunday night.

THE ASSOCIATED PRESS

Voter

"Chavez isn't to blame for the people who surround him."

First-time voter and student Brenda Aguirre, saying she is willing to forgive "El Comandante" for his shortcomings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Penn State scandal. Jerry Sandusky set to stress his innocence at sentencing

Jerry Sandusky's lawyer said Monday "it's as certain as certain can be" that the former Penn State assistant football coach will address the judge and assert his innocence before he is sentenced on 45 counts of child sexual abuse.

Nobody else is expected to speak on Sandusky's behalf during the sentencing hearing Tuesday in Bellefonte, Pa., defence lawyer Joe Amendola said.

"What I anticipate he'll say is that he's innocent," Amendola said outside the courthouse.

The lawyer said others, including Sandusky's wife, have submitted letters on his behalf and that Dottie Sandusky stands by her husband and will attend the sentencing.

"He's going to fight for a new trial," Amendola said. He said "the important thing" about sentencing for the defence "is it starts the appellate process."

A privacy tunnel is erected Monday at the Centre County Courthouse in Bellefonte, Pa. THE ASSOCIATED PRESS

Sentencing is expected to begin with a hearing to determine if Sandusky qualifies as a sexually violent predator under Pennsylvania's version of Megan's Law, after which Sandusky will be sentenced.

THE ASSOCIATED PRESS

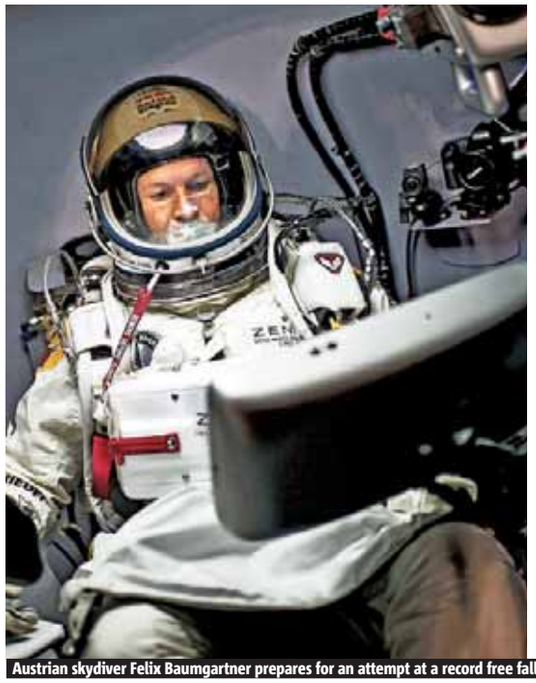
Tate Modern. Man arrested after declaring he defaced Rothko mural

British police on Monday arrested the man who told journalists he was responsible for scrawling graffiti on a mural by modern American master Mark Rothko at London's Tate Modern museum.

Scotland Yard launched its investigation after the mural, one of Rothko's Seagram series, was defaced Sunday with what appears to be the words "Vladimir" and "a potential piece of yellowism."

Vladimir Umanets, who identifies himself as the co-founder of an artistic movement he calls "Yellowism," told journalists he was behind the graffiti. According to an online manifesto, Yellowism is an artistic movement run by Umanets and another person.

Earlier Monday, Umanets told Britain's Press Association news agency that he wanted to draw people's attention to his movement. THE ASSOCIATED PRESS



Austrian skydiver Felix Baumgartner prepares for an attempt at a record free fall. THE ASSOCIATED PRESS

Skydiver to try record free fall

Extreme sport. 'Fearless Felix' to attempt highest, fastest jump in history

Austrian skydiver and extreme athlete Felix Baumgartner hopes to take the leap of his life on Tuesday, attempting the highest, fastest free fall in history.

If he survives, the man dubbed "Fearless Felix" could be the first skydiver to break the sound barrier. If he doesn't, a tragic fall could be live-streamed on the Internet for the world to see.

The 43-year-old former military parachutist is scheduled to jump from a balloon-hoisted capsule 37 kilometres above Roswell, N.M., on Tuesday morning. He wants to break the record set in 1960 by Joe Kittinger, who jumped from an open gondola at an altitude of 31 kilometres. Kittinger's speed of 988 km/h was just shy of breaking the sound barrier at that height.

Baumgartner, who has been preparing for the jump for five years, has made two practice runs from the Roswell area, from 24 kilometres high in March and 28.97 kilometres in July.

THE ASSOCIATED PRESS

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Popular male giraffe dies

Polish zoo. Animal that gained media fame after brutal attack dies during surgery

Tofik, a male giraffe who won sympathy in Poland after he lost his two female companions in the wake of an attack by hoodlums near their zoo enclosure, has died during surgery for digestive problems, zoo officials said Monday.

The five-year-old Rothschild giraffe died Sunday, said Magdalena Janiszewska, the head of the zoo in Lodz, some 120 kilometres west of Warsaw. His stomach condition is believed not to be related to the attack.

Attack

The endangered animals earned widespread media attention and compassion in Poland after hooligans tossed garbage cans and benches near their enclosure — frightening the normally skittish animals. In a nation that loves its creatures, the public was horrified that anyone would attack helpless zoo specimens.

The loss is particularly poignant for the zoo. Two female giraffes that were with Tofik in his enclosure during the May attack died of complications because of the stress.

Male Rothschild giraffe Tofik, left, and female giraffes brought to fill the void for him after two female partners died after a hooligan attack in the spring at the zoo in Lodz, Poland, on Aug. 16. MARIAN ZUBRZYCKI/THE ASSOCIATED PRESS

"It is a very bad year for us," she said. "It is hard not to talk of bad luck."

After Tofik was left alone, zoo officials brought in three other giraffes to mate with him and keep him company, hoping that it would help his recovery. They had been doing well until he fell ill.

New management at the zoo would like to bring in a new male in due time, Janiszewska said. THE ASSOCIATED PRESS

Sharks circle whale carcass

A bird's shadow is cast on a beached whale carcass washed up on Muizenberg beach on the outskirts of Cape Town, South Africa, on Monday. Beaches remained closed on Monday as disaster-response teams attempted to recover the carcass amid an increase in shark activity.

SCHALK VAN ZUYDAM/THE ASSOCIATED PRESS

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Attacks on Turkey sending a deliberate message: Observers

Syrian conflict. Military intervention involving foreign powers still not on the table

Syria's cross-border attacks on Turkey in the past week look increasingly like they could be an intentional escalation meant to send a clear message to Ankara and beyond, that the crisis is simply too explosive to risk foreign military intervention.

With Turkey eager to defuse the crisis, the spillover of fighting is giving new life to a longshot political solution, with the Turks floating the idea of making President Bashar Assad's longtime vice-president, Farouk al-Sharaa, interim leader if the president steps aside.

A military option — which would involve foreign powers that already have expressed a deep reluctance to getting involved — is still not on the table, analysts say, despite six consecutive days of Turkish retaliation against bombardment from inside Syria.

The Syrian conflict has taken a prominent role in the U.S. presidential election at a time when the U.S. and its allies have shown little appetite for getting involved.

On Monday, Republican candidate Mitt Romney said the U.S. should work with other countries to arm the Syrian rebels, allowing the rebels to drive Assad from power themselves. Romney did not call for the U.S. to directly arm the Syrian rebels.

The most recent flare-up between Syria and Turkey started Wednesday, when a shell fired from Syria slammed into a house in the Turkish border village of Akcakale, killing two women and three children. That set off the most serious and prolonged eruption of violence along the frontier since the uprising began nearly 19 months ago.

Although it was not clear whether Wednesday's shelling was intentional, Turkey responded swiftly by firing back and convening parliament for a vote that authorized further cross-border military operations if necessary.

Turkish Prime Minister Recep Tayyip Erdogan cautioned Damascus not to test Turkey's "limits and determination." But the Syrian shelling has continued every day — leading many observers to conclude the acts are intentional provocation.

"It's not an accident. You can't send shells across the border by mistake five days in a row," said Mustafa Alani, a Middle East analyst of the Geneva-based Gulf Research Center, just hours before Syrian shelling struck Turkey for a sixth day.

There have been no other reports of casualties from the shelling since Wednesday's deaths.

According to Alani, escalating the crisis serves as a reminder to NATO, Turkey and the West that Syria's civil war can inflame the region with lightning speed. The threat of a spillover is likely to pressure Western powers into drafting a political solution, part of which could involve Assad's exit from power, rather than his being toppled by force.

A political solution, Alani said, could prevent Assad "ending up like Gadhafi."

Libyan leader Moammar Gadhafi was captured and killed by rebels on the outskirts of his hometown of Sirte last year, and his corpse was put on public display in a refrigerated locker for several days.

While Ankara maintains that the shells are coming from the regular Syrian army, Paul Salem of the Carnegie Middle East Center, a Beirut-based think-tank, did not exclude the possibility of "other sources, a rebel unit, firing across the border, trying to create conditions for Turkey to intervene in Syria." THE ASSOCIATED PRESS

Quoted

"Syria is aware that Turkey cannot go a step further.... The Turkish people don't want a war and there are no vital national interests at stake to warrant a war. Syria sees this."

Ali Tekin, assistant professor of International Relations at Ankara's Bilkent University.

Power-broker

Turkey now a major critic of Assad regime

Turkey, which shares a 911-kilometre frontier with Syria, nearly went to war with its neighbour over Syrian support for Turkish Kurdish rebels in the 1990s. The relationship improved dramatically since Bashar Assad came to power in 2000, and the two countries reached out to build economic ties. But now, Turkey has become one of the most vocal critics of the Assad regime, accusing it of savagery.

The rebels who are trying to bring down Assad have used Turkey as their base, enraging the regime.

Turkey became a regional power in the past decade, backed by a growing economy, emerging democratic credentials and historical and cultural links to neighbours. It pursued pragmatic links with authoritarian leaders, but shifted to a pro-democracy position as uprisings swept the Middle East.

From the outset of the Syrian crisis, Turkey has tried to position itself as a major player and power-broker — something some observers say was a miscalculation based on overconfidence in Ankara's influence over Damascus. As recently as April, Davutoglu told Parliament that Turkey "will continue to guide the wave of change in the Middle East."

THE ASSOCIATED PRESS

An elderly Syrian woman, who fled her home due to fighting between government forces and rebels, chants "Allah" inside her tent at a refugee camp near the Turkish border, in Azaz, Syria, Sunday. MANU BRABO/THE ASSOCIATED PRESS

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Free Syrian Army fighters sit on top of a military truck that was captured from the Syrian army in the village of Khirbet al-Jouz, in the northern province of Idlib. The Turkish state-run Anadolu news agency said Sunday that the rebels had regained full control of Khirbet al-Jouz. EDLIB NEWS NETWORK/THE ASSOCIATED PRESS

Syrian casualties

An activist group said Monday the number of people killed in the conflict crossed the threshold of 32,000 over the weekend, and the pace is accelerating.

- The Britain-based Syrian Observatory for Human Rights said it counted 32,079 dead as of Sunday — among them 22,980 civilians and civilians-turned fighters, 7,884 members of the Syrian military and 1,215 army defectors fighting alongside the rebels.
- In the past week alone, more than 1,200 people were killed, according to the head of the observatory, Rami Abdul-Rahman, who said he only counts named victims or those whose death is verified by other means.

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Rare disease dubbed 'Sleeping Beauty'

Sleep disorder. Little known about Kleine-Levin syndrome, which traps adolescents in extended slumbers

There was nothing sweet about Kaitlyn Terrana's 16th birthday. And she has virtually no recollection of her last birthday, her 17th, either. She slept through both of them.

At a time when the teenager should be living each day to the fullest, she is trapped in a roughly six-week cycle in which she has no choice but to take to her bed, slumbering for about 10 days at a time.

Kaitlyn has developed an extremely rare condition called Kleine-Levin syndrome, or KLS, and it is stealing her life away.

"Kind of like the day before, I start feeling really tired and it's really hard for me to focus in class," she says from her home in Hamilton, Ont. "And then after that, I'm just gone for 10 days. I have to sleep, I can't stay awake."

Her mom, Kathy Terrana, has to closely monitor Kaitlyn when she experiences one of these sleeping periods, saying her daughter can't be left alone.

"In the beginning of her episodes, she starts off being very, very tired," she says. "By late evening I can usually tell that, yes, she is starting an episode, because she doesn't talk, she doesn't converse with anybody.

"It's not very nice to say, but it's almost like she's a walking zombie, because when they're in their episodes they can be walking around but they don't know what's going on around them. So there's no empathy, there's no feeling whatsoever. She's in a complete fog."

Dreamworld

"It's kind of like a dream.... That's how (it is) 10 days of my life."

17-year-old Kaitlyn Terrana, describing her experience with Kleine-Levin syndrome

Once an episode starts, Kaitlyn can easily sleep 20 or more hours at a stretch

Little is known about KLS because the condition is so rare. Doctors don't know what causes it and there are no treatments or cure.

The syndrome affects at least twice as many boys as girls, and onset is usually during adolescence. Typically, the episodes last from 10 to 15 years, then disappear as mysteriously as they began.

Kaitlyn had her first attack two years ago when she was 15. THE CANADIAN PRESS

Kaitlyn Terrana, 17, poses in her bedroom at her family's home in Hamilton, Ont., on Sept. 29. The 17-year-old has developed Kleine-Levin syndrome, an extremely rare condition, nicknamed "Sleeping Beauty" disease, that's marked by intermittent episodes in which she sleeps 16 or more hours a day for 10 days at a time. SHERYL NADLER/THE CANADIAN PRESS

One step closer

Study results suggest modest success of new Alzheimer's drug

Combined results from two studies of an experimental Alzheimer's drug suggest it might modestly slow mental decline, especially in patients with mild disease.

Taken separately, the studies missed their main goals to significantly slow the mind-robbing disease. But pooled results found 34 per cent less decline in mild Alzheimer's patients compared to those on a dummy treatment for 18 months.

Doctors say the results do not seem strong enough to win approval of the drug now. But they show researchers are on the right track by trying to clear the sticky deposits that clog patients' brains.

The drug is being developed by Eli Lilly & Co. and is called solanezumab. Results were reported Monday at an American Neurological Association conference in Boston.

About 35 million people worldwide have dementia, and Alzheimer's is the most common type. Current medicines just temporarily ease symptoms. There is no known cure. THE ASSOCIATED PRESS

Reason to switch:
"It's nice to know TD is open on Sundays if I need it."
Sue G.
Ottawa
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Medical research. Trial of new drug successful in reducing stroke numbers

A Canadian effort to develop a drug to limit the brain damage caused by strokes has made an important step forward.

Scientists involved in the project reported Sunday that in a trial conducted on patients undergoing repair of brain aneurysms, the drug, called NA-1, reduced the number of post-procedure strokes by about half.

This is rare good news in the quest to develop a neuroprotective drug, a field where more than 1,000 compounds have been tested, and all failed.

The researchers themselves have founded a biotechnology company — NoNO Inc. — to finance the work, because the pharmaceutical industry has essentially left the field. NoNO means "no nitric oxide," the free radical produced during a stroke that damages brain tissues.

Dr. Michael Hill is the first author on the scientific paper outlining the findings, published in the journal Lancet Neurology. THE CANADIAN PRESS

Nobel prize awarded for groundbreaking discovery

Two scientists from different generations won the Nobel Prize in medicine Monday for the groundbreaking discovery that cells in the body can be reprogrammed to become completely different kinds, potentially opening the door to growing customized tissues for treatments.

The work of British researcher John Gurdon and Japanese scientist Shinya Yamanaka — who was born the year Gurdon made his discovery — has raised hopes of developing transplant tissue to treat diseases like Parkinson's and diabetes. And it has spurred a new generation of laboratory studies into other diseases, including schizophrenia, that may lead to new treatments.

Their work paved the way to making the equivalent of embryonic stem cells without the ethical questions that embryonic cells pose.

"Their findings have revolutionized our understanding of how cells and organisms develop," the Nobel committee at Stockholm's Karolinska Institute said in announcing the eight-million kronor ($1.2-million) award. It was the first of this year's Nobel Prizes, with five more awards to be announced by next Monday.

At the time of the initial findings, the discovery had "no obvious therapeutic benefit at all," Gurdon told reporters in London. "It was almost 50 years before the value — the potential value — of that basic scientific research comes to light."

In 1997, the cloning of Dolly the sheep by other scientists showed that the same process Gurdon discovered in frogs would work in mammals.

"The discoveries of Gurdon and Yamanaka have shown that specialized cells can turn back the developmental clock under certain circumstances," the committee said. "These discoveries have also provided new tools for scientists around the world and led to remarkable progress in many areas of medicine."

Kyoto University Professor Shinya Yamanaka, shown here, and British researcher John Gurdon won this year's Nobel Prize in physiology or medicine.
CHRIS GOODFELLOW/GLADSTONE INSTITUTES/THE ASSOCIATED PRESS

Just last week, Japanese scientists reported using Yamanaka's approach to turn skin cells from mice into eggs that produced baby mice. THE ASSOCIATED PRESS

Nobel Prize in medicine

- **Who won?** Britain's John Gurdon, 79, currently with the Gurdon Institute that he founded, and Japan's Shinya Yamanaka, 50, who worked at the Gladstone Institute in San Francisco and Nara Institute of Science and Technology in Japan. He is now at Kyoto University.
- **For what?** In 1962, the year Yamanaka was born, Gurdon showed that the DNA from specialized cells of frogs, like skin or intestinal cells, could be used to generate new tadpoles. In 2006, Yamanaka showed that mature cells could be turned back into primitive cells, which in turn could be prodded into different kinds of mature cells.
- **Significance.** The discoveries showed that the body's mature, specialized cells can be reprogrammed into stem cells — a discovery that scientists hope to turn into new treatments without destroying human embryos. Scientists want to harness the reprogramming to create replacement tissues for treating diseases such as Parkinson's, cystic fibrosis and diabetes, and for studying the roots of diseases in the laboratory.
- **Gurdon.** "It is particularly pleasing to see how purely basic research, originally aimed at testing the genetic identity of different cell types in the body, has turned out to have clear human health prospects."

‘Death of judiciary’ mourned in Sri Lanka

Angry response. Hundreds of Colombo lawyers and staff protest an attack on a judge, while many others stage boycotts of courts across country

Sri Lankan judges and lawyers boycotted courts on Monday to protest an assault on an outspoken judge, and hundreds of lawyers staged a demonstration demanding a thorough investigation into the attack.

About 500 lawyers and staff wearing black headbands marched in front of Colombo’s court complex. They carried a coffin, saying the weekend attack on Judge Manjula Tilakaratne represented the death of an independent judiciary. Later, they burned the coffin.

They held placards reading: “Stand up to protect the judiciary. Protect lives of judges. Arrest those who attacked a judge.”

Tilakaratne, secretary of the Judicial Service Commission, which handles judicial appointments and transfer of judges, was attacked by four men on Sunday as he was in his car after dropping off his son at school. He sustained injuries to his face and right hand. Police said an investigation is underway.

Protesters said Tilakararatne had irked the government with a statement two weeks ago complaining of outside influences on the commission’s decisions.

A protesting lawyer, J.C. Weliamuna, said the attack was “unprecedented” and blamed the government. Another lawyer, Gunaratne Wanninayake, demanded that police conduct an impartial inquiry. “This attack symbolizes the death of Sri Lanka’s independent judiciary. It’s not just an attack on one judge, it has dealt a severe blow to the whole judiciary,” he said.

District judges stayed away from work Monday, while lawyers also boycotted courts across the country, said lawyer Nuwan Bopage.

THE ASSOCIATED PRESS

Sri Lankan judges and lawyers demonstrate next to a coffin that they said symbolized the death of independent judiciary in Colombo, Sri Lanka, Monday. THARAKA BASNAYAKA/THE ASSOCIATED PRESS

Zimbabwe. President Mugabe calls for tolerance in wake of PM’s criticism

Zimbabwe’s president wants his people to be tolerant of each other’s views to allow for a free vote in proposed elections, he said on Monday.

President Robert Mugabe, officiating at the state burial of a former foreign minister, said political differences must be private and “not expressed in actions” that lead to violence. He called on Zimbabweans to follow the “virtues and discipline” of academic and veteran diplomat Stan Mudenge, who died October 4th of heart failure at age 71.

“Let people vote the way they want to. Those who don’t want to vote can throw their vote into the river. It’s their business,” Mugabe said.

Mugabe’s remarks followed harsh criticism by Prime Minister Morgan Tsvangirai over the weekend about the presidential party’s record of violence. Tsvangirai, in a shaky coalition government, described Mugabe as a hypocrite for “preaching peace by day” while his ZANU-PF party loyalists attacked opponents at night.

“We have politicians who shed crocodile tears like Mugabe,” Tsvangirai said at a rally in the Zaka district, where his former opposition Movement for Democratic Change party has reported the country’s worst upswing in political violence in recent months.

Tsvangirai said on Saturday he was giving Mugabe an ultimatum to end the violence or he would pull out of the coalition and elections planned for next year. He said he won’t “step on dead bodies” to get elected as the country’s president. Tsvangirai said elections can only be held when long-disputed constitutional and democratic reforms are in place and the rule of law is enforced.

THE ASSOCIATED PRESS

Quoted

“Let people vote the way they want to. Those who don’t want to vote can throw their vote into the river.”

Robert Mugabe, president of Zimbabwe

President of Zimbabwe Robert Mugabe arrives for the state burial of a former foreign minister in Harare on Monday. TSVANGIRAYI MUKWAZHI/THE ASSOCIATED PRESS

Reason to switch:
“TD’s longer hours mean I can bank when I want.”
Tish C.
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Tunisia

Grassroots protests oust leader

Tunisia’s government has announced that the governor of Sidi Bouzid province, the birthplace of the country’s recent revolution, has been dismissed after popular protests. The provincial capital, where the self-immolation of a frustrated fruit-seller sparked an uprising that overthrew Tunisia’s long-ruling dictator, has witnessed weeks of unemployment protests.

THE ASSOCIATED PRESS

Ethiopia

Papers fold due to government snag

Two weekly newspapers that have been critical of Ethiopia’s ruling party have stopped publication because of government obstruction, the papers’ publishers said Monday. The publishers are appealing to the country’s newly appointed Prime Minister Hailemariam Desalegn to intervene. A government spokesman said the Ethiopian government is not telling printers not to print the papers.

THE ASSOCIATED PRESS

Dutch inmate serving decades in jail for slaying young Peruvian may have impregnated conjugal visitor

A newspaper reported Monday that Joran van der Sloot, a Dutch man who is serving a 28-year-sentence for murdering a young Peruvian woman, says he is going to be a father.

His lawyer said the inmate does have a conjugal visitor, but he could not confirm she is pregnant.

The Dutch newspaper De Telegraaf said Van der Sloot, a suspect in the 2005 disappearance of U.S. teenager Natalee Holloway, told the paper in a telephone call Saturday that “a test has proved” the pregnancy.

Van der Sloot’s attorney, Maximo Altez, told The Associated Press that a woman named Leidy Figueroa Uceda “is registered as a conjugal visitor of Joran. She is registered in the visitors books of the Piedras Gordas prison in Lima.”

He denied, however, that he had told the newspaper he could confirm the pregnancy.

“I told them I didn’t know anything in that respect,” he said.

News media in Peru last year identified Figueroa as Van der Sloot’s girlfriend, and said they had conceived a son together, but she denied it.

De Telegraaf said Van der Sloot told it that the woman uses birth control pills but apparently forgot to take one. He said she would not have an abortion due to her Roman Catholic faith. He said he didn’t have DNA proof the child is his, but he believes it to be.

Recorded messages on Monday indicated that two telephone numbers registered to Figueroa had been cancelled.

Van der Sloot is a self-described liar, having confessed to killing Holloway and later retracting the confessions. He is the last person known to have seen her alive on the Caribbean island of Aruba.

He was convicted of robbing and killing Stephany Flores in a Lima hotel room after meeting her in a nearby casino in 2010.

The Dutchman is wanted by authorities in the U.S. for allegedly extorting money from the Holloway family on the promise of revealing the location of her body.

He could resist extradition to the United States, where he is wanted in the Holloway case, if he obtains Peruvian nationality. That would be a possibility if he becomes the father of a Peruvian child or if he marries a Peruvian citizen.

Van der Sloot is appealing his conviction.

THE ASSOCIATED PRESS

Quoted

“She is registered in the visitors books of the Piedras Gordas prison in Lima.”

Van der Sloot’s attorney, Maximo Altez
on the status of Sloot’s conjugal visitor

S.A. union accuses platinum producer of racism

Tensions deepen. About 80,000 miners, or 16 per cent of South Africa's total mine workforce, are currently on strike across the country

The National Union of Mineworkers accused Anglo American Platinum Monday of "racism" as the impasse between striking miners in South Africa and the world's top platinum producer escalated.

The NUM alleged that its leader in Rustenburg, the scene of a wildcat strike that brought Amplats' operations to a halt, was called derogatory names by the company's security officials at its Swartklip Union mine in Limpopo province. The official was racially abused Monday together with a journalist for the South African Broadcasting Corporation, the union charged in a statement.

The union's attempts to intercede on behalf of miners fired last week by Amplats had been thwarted, said NUM spokesman Lesiba Seshoka.

"It has become very clear that the company promotes racism through procuring security and other services from racists and their companies and that it has no intention to empower African people," Seshoka said. "The company has a week ago embarked on mass dismissals and was in the process of doing the same at Swartklip when the NUM leaders sought to intervene and speak to members only to be met with imported racism of a special type."

Mpumi Sithole, a spokeswoman for Amplats, declined to comment on this matter.

Amplats, a subsidiary of the London-listed Anglo Platinum, last week dismissed 12,000 striking miners for staging a wildcat strike and later failing to attend disciplinary hearings. The mineworkers have since threatened to make the mines ungovernable, saying it will be impossible for the company to hire new workers.

THE ASSOCIATED PRESS

Turmoil in other sectors

- Some 20,000 truckers demanding a 22 per cent pay raise are currently staging a strike that threatens the supply of gas and groceries.
- The striking truckers now say they might intensify their campaign by inviting rail and port workers if employers do not meet their wage demands.

Striking mineworkers take part in a demonstration in Rustenburg, South Africa, on Saturday. A leader for striking miners at Anglo American Platinum mines in South Africa said they would make it difficult for the company to hire new miners after the company fired some 12,000 striking workers earlier this week. THE ASSOCIATED PRESS

Stuck aground in Spain

People look at a cargo ship run aground by a heavy storm at Saler beach near Valencia, eastern Spain, on Sep. 29. Officials say they are struggling to free two ships, Sunrise and Celia, that were run aground by powerful wind on Sept. 28. The ships are carrying 180 metric tonnes of fuel, and officials are worried about oil and cargo spills. One of the ships is carrying empty containers and the other massive steel pipes. The country's maritime authority said large dredgers arrived Sunday to begin trying to clear a channel to sea after previous attempts failed. Just yards inland is Albufera Natural Park, wetlands used by many of Europe's migrating birds. Around the rim of the park, farmers have for centuries cultivated rice prized for use in paella.

ALBERTO SAIZ/THE ASSOCIATED PRESS

Reason to switch:
"It's easy to find a location close to wherever you are."
Carol R.
Ottawa
Metropolitan Panel
TD

Crashed after takeoff

Three dead after Antigua plane crash: Airline

A small Caribbean airline says three people have died in the crash of a twin-engine plane at Antigua's airport.

FlyMontserrat CEO Nigel Harris says two passengers and pilot Jason Forbes were killed in the Sunday afternoon crash at V.C. Bird International Airport in Antigua. He says one passenger was critically injured.

The nine-seat Britten-Norman Islander plane with four people aboard was headed from Antigua to Montserrat when it slammed into the ground off a rain-slicked runway seconds after takeoff.

Jamaica's ministry of foreign affairs confirmed Monday that one of the dead passengers was a Jamaican schoolteacher.

THE ASSOCIATED PRESS

Caribbean countries

Governments plan 10-year fight against cholera

Officials in Haiti and the Dominican Republic are preparing for a long campaign against cholera, the water-borne disease that has sickened tens of thousands of people in the two neighbouring Caribbean countries.

Dominican Deputy Minister of Public Health Rafael Schiffino says the two governments are working on a project to wipe out the disease on Hispaniola by 2022. The plan will include substantial spending on clean water and sanitation.

A bilateral meeting on the plan started Monday in the Dominican Republic.

Experts say cholera was likely introduced in Haiti by UN peacekeepers.

THE ASSOCIATED PRESS

Northeast Nigeria. More than 30 civilians killed in military attack

Nigerian soldiers angry about the killing of an officer shot dead more than 30 civilians Monday in a northeastern city long under siege by a radical Islamist sect.

The attack came from soldiers attached to a special military unit on guard in Maiduguri, the spiritual home of the sect known as Boko Haram, in an effort to supposedly protect its citizens from the violence gripping the city. The killings likely will further antagonize a population already alienated by checkpoints, security force harassment and the threat of being killed by soldiers who are targets for the sect's increasingly bloody guerrilla attacks.

An Associated Press reporter in Maiduguri counted the dead while on a tour of the still-smouldering neighbourhood Monday afternoon. The journalist saw no weapons or evidence that the dead belonged to the sect. A soldier nearby, who did not identify himself, claimed the attack was a response to a bombing nearby earlier Monday that he said killed a lieutenant.

"They killed our officer!" the soldier shouted. "We had no options!"

The AP reporter also saw that soldiers had set fire to about 50 homes and businesses around the area, which sits near the Nigerian Union of Journalists state office and other buildings in Maiduguri. It appeared the soldiers attacked the area using assault rifles and heavy machineguns mounted on armoured personnel carriers. Rounds shot from the heavy machineguns destroyed cars and set roofs on fire, which razed buildings and caused damage at a two-storey shopping complex. THE ASSOCIATED PRESS

In this photo taken with a mobile phone, soldiers stand outside a burnt-out shopping mall in Maiduguri, Nigeria, on Monday. Nigerian soldiers angry about the killing of an officer razed buildings and shot dead more than 30 civilians Monday in a northeastern city long under siege by a radical Islamist sect. ABDULKAREEM HARUNA/THE ASSOCIATED PRESS

U.S. court to look at race in college admissions

Legal debate. The Supreme Court will consider whether to limit or rule out taking race into account

Nine years after the U.S. Supreme Court said colleges and universities can use race in their quest for diverse student bodies, the justices have put this divisive social issue back on their agenda in the middle of a presidential election campaign.

Nine years is a blink of the eye on a court where justices can look back two centuries for legal precedents.

But with an ascendant conservative majority, the high court in arguments Wednesday will weigh whether to limit or even rule out taking race into account in college admissions.

The justices will be looking at the University of Texas program that is used to help fill the last quarter or so of its incoming freshman classes. Race is one of many factors considered by admissions officers.

The rest of the roughly 7,100 freshman spots automatically go to Texans who graduated in the top eight per cent of their high school classes.

The simplest explanation for why affirmative action is back on the court's calendar so soon after its 2003 decision in Grutter v. Bollinger is that the author of that opinion, Sandra Day O'Connor, has retired.

Her successor, Justice Samuel Alito, has been highly skeptical of any use of racial preference. THE ASSOCIATED PRESS

School statistics

- More than eight in 10 African-American and Latino students who enrolled at the University of Texas flagship campus in Austin last year were automatically admitted, according to university statistics.

He is or isn't. N.Y. court mulls if gang member is homegrown terrorist

In August 2002, a New York City street gang crashed a christening party, shouted out their superiority, confronted a rival and started a fight that left a 10-year-old girl dead and someone else paralyzed.

On Tuesday, New York's top court will consider whether one of the gang members is a homegrown terrorist.

Edgar Morales, a member of the Mexican-American gang the St. James Boys, sought to intimidate an entire population and deserves more prison time than others convicted of the same crimes, Bronx prosecutors say. They got him convicted for the shooting death in 2007 under the state's anti-terrorism statute, the first case of its kind in New York.

"Violent crime committed by a street gang constitutes a crime of terrorism ... when it is motivated solely by the intent to establish a gang's 'street credentials' as the toughest Mexican gang in the Bronx," because those crimes are intended to intimidate or coerce a civilian population, prosecutors argue in a court filing.

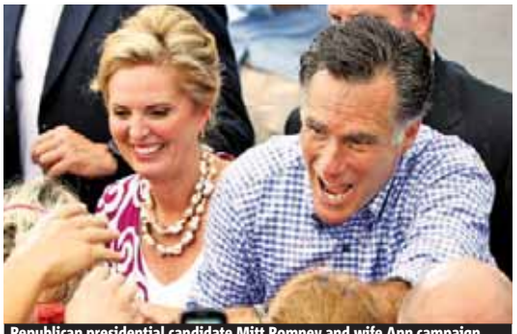
They applied a statute that New York lawmakers passed just six days after hijackers crashed two jetliners into the World Trade Center towers on Sept. 11, 2001, killing nearly 3,000 people.

Now 30, Edgar Morales was accused of firing five shots during the August 2002 fracas outside the christening party at a church, killing bystander Melany Mendez. He was convicted of manslaughter, attempted murder, weapon possession and conspiracy — each count enhanced in seriousness by the anti-terrorism law. He was sentenced to 40 years to life in prison.

On appeal, the midlevel Appellate Division said he's no terrorist under the statute and deserves resentencing. That would lower the maximum to 25 years. THE ASSOCIATED PRESS

Court of Appeals

- The Court of Appeals will hear the case Tuesday in Manhattan. Its ruling is expected next month.



Republican presidential candidate Mitt Romney and wife Ann campaign Oct. 7 in Port St. Lucie, Fla. Romney's campaign is working hard to chip away at U.S. President Barack Obama's advantage among early voters.
CHARLES DHARAPAK/THE ASSOCIATED PRESS FILE

Presidential race. Romney takes aim at Obama's foreign policy

Republican presidential candidate Mitt Romney assailed Barack Obama's foreign policy in a speech Monday saying the risk of conflict in the Middle East has grown under the president's leadership.

With his speech at the Virginia Military Institute, Romney hopes to undo a string of foreign-policy stumbles, taking aim at an issue where polls show President Barack Obama holds a clear lead.

Saying there is "a longing for American leadership in the Middle East," Romney called for the U.S. to take a more assertive role in Syria. He also wants new conditions on aid to Egypt and would impose tighter sanctions on Iran. THE ASSOCIATED PRESS

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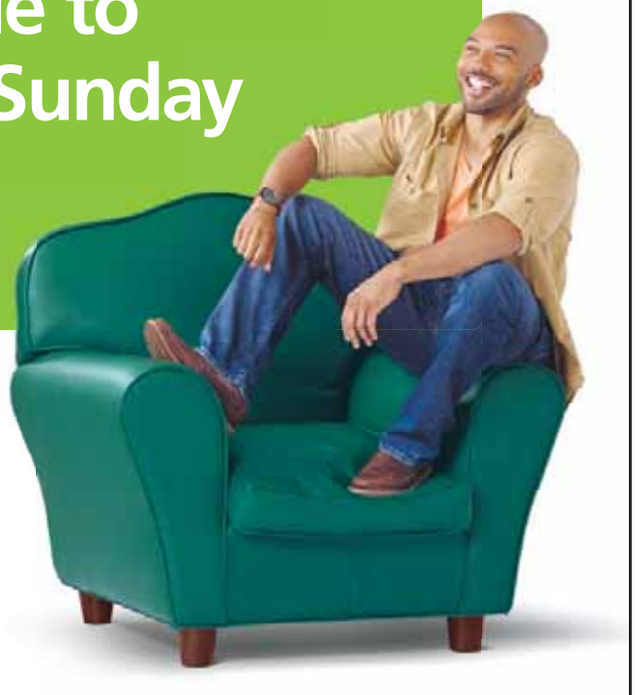

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Auto industry. GM to hire up to 1,500 at tech centre

General Motors plans to hire up to 1,500 workers to staff a new computer-technology centre outside Detroit.

It is part of a move to bring 90 per cent of information technology in-house, which GM believes will make the company more nimble and efficient. The carmaker plans to hire 10,000 people at four new technology centres in the next three to five years.

The centres will help get breakthrough ideas into the company's cars and trucks, GM says.

Last month the company announced it would hire 500 people for a centre in Austin, Texas. The remaining two sites haven't been announced.

This file photo shows a sign outside General Motors' car-assembly plant in Oshawa, Ont. GM will hire up to 1,500 workers at a technology centre outside Detroit. THE CANADIAN PRESS FILE

The hiring reverses a trend toward outsourcing computer jobs at GM. But spokeswoman Julie Huston-Rough said most carmakers strike a balance between doing computer work in the company and hiring outside firms. THE ASSOCIATED PRESS

Chinese tech giants

U.S. panel warns of espionage risks

American companies should avoid doing business with China's two leading technology firms, Huawei Technologies and ZTE Corp, because they pose a security and espionage threat to the U.S., the House Intelligence Committee warned Monday. THE ASSOCIATED PRESS

Original programming

YouTube launches European channels

YouTube is extending its original programming initiative into Europe, with at least 60 new video channels from media companies including Britain's BBC, London-based FreemantleMedia and the Netherland's Endemol. THE ASSOCIATED PRESS

Waist watch: Pop machines to list calories

Consumer choice. Move by soft-drink firms in U.S. comes ahead of regulation

As criticism over sugary sodas intensifies, Coke, Pepsi and Dr Pepper are rolling out new vending machines in the U.S. that will put calorie counts at consumers' fingertips.

The calorie counts will be on the buttons of the machines, which will also feature small decals reminding the thirsty that they can choose a low-calorie drink. The move comes ahead of a new regulation that would require restaurant chains and vending machines to post calorie information as early as next year.

"They're seeing the writing on the wall and want to say that it's corporate responsibility," said Mike Jacobson, executive director of the Center for Science in the Public Interest, which advocates for food safety and nutrition.

The U.S. Food and Drug Administration has proposed a less-stringent amendment that would allow vending operators to post the information on a poster on the side of the machine, Jacobson said. But he said the announcement Monday shows posting calories right on machines is perfectly feasible.

The vending machines will launch in Chicago and San Antonio, Texas, municipal buildings in 2013 before appearing nationally. THE ASSOCIATED PRESS

Quoted

"Currently, people don't think about calories when they go up to a vending machine. Having the calories right on the button will help them make choices."

Mike Jacobson, executive director of the Center for Science in the Public Interest

Supply chain to space

Is this the future of commercial cargo? SpaceX's supply ship, shown here at Cape Canaveral Air Force Station in Florida, took off Sunday night for the International Space Station on its first official trip under a $1.6-billion US contract with NASA. SpaceX, or Space Exploration Technologies Corp., will make a dozen resupply flights to the space station, an essential service in the post-shuttle era. The unmanned ship consists of a Falcon 9 rocket with a Dragon capsule on top, and should reach the station by Wednesday.

NASA/THE ASSOCIATED PRESS

Enbridge targets foreign charities in pipeline battle

Organizations founded by an American oil baron and a Silicon Valley philanthropist are among foreign charities targeted by Enbridge in its battle against critics of the proposed Northern Gateway pipeline.

Tens of millions of dollars have been donated to conservation groups and initiatives in B.C., for everything from Earth Day celebrations to aboriginal salmon-recovery programs.

It's a point of contention for the pipeline proponent, which has asked the environmental-review panel examining the Northern Gateway project to compel funding information from its critics. The panel returns to B.C. this week for final hearings on the project.

And it's a point of contention for federal Natural Resources Minister Joe Oliver, who earlier this year decried "foreign special-interest groups" that "threaten to hijack our regulatory system to achieve their radical ideological agenda."

Enbridge has singled out specific charities in requests submitted to the panel, including foundations created by the co-founders of Intel Corporation and Hewlett-Packard. THE CANADIAN PRESS

Fawzia Ahmad holds a sign as the group Communities Against Pipelines protests in Vancouver on Friday. The group is opposed to Enbridge's proposed Northern Gateway pipeline and the expansion of the Kinder Morgan Trans Mountain pipeline because of the potential for increased oil-tanker traffic along the coast of B.C. DARRYL DYCK/THE CANADIAN PRESS

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WHEN LIFE GIVES YOU GENETICALLY MODIFIED LEMONS ...

SHE SAYS ...
Jessica Napier
metronews.ca

The glass is half full … no, really.

Every once in a while, my boyfriend — who tends to walk the line between "concerned partner" and "obsessive hypochondriac"— will forward me an email containing the latest research on all of the foods that are probably going to kill me.

Most of these articles contradict one another — touting the health benefits of a certain food one month and then warning about its poisonous potential the next.

"Egg yolks are good for you."

"No, wait! Stay away from egg yolks!"

"Just kidding, eat egg yolks all the time!"

These research studies are the medical equivalent of riled up cable-news anchors who just can't stop shouting at one another. And yet, despite all the bad press out there — in food news and beyond — our brains are actually hard-wired to expect the best outcomes in life.

Ignorance is bliss?

"Some people might justify risky behaviour — ignoring those warning labels on cigarette packages or practising unprotected sex — based on the assumption that bad things only really happen to other people."

In her book The Optimism Bias, neuroscientist Tali Sharot argues that 80 per cent of us overestimate the likelihood of good things happening to us in our daily lives. Believe it or not, the majority of us have optimism as our (somewhat delusional) default setting.

Our instinct is to try to make lemonade out of lemons. Unfortunately, the media are constantly telling us that those metaphorical lemons are actually the latest and scariest carcinogen-infested items at the grocery store.

Sharot explains that if we expect the future to be bright, stress and anxiety are reduced and our overall health improves. Which is great, in theory, but what about when we take our propensity for positive thinking too far?

The optimism bias can transform into a state of blissful ignorance and bring about a false sense of security. Some people might justify risky behaviour — ignoring those warning labels on cigarette packages or practising unprotected sex — based on the assumption that bad things only really happen to other people.

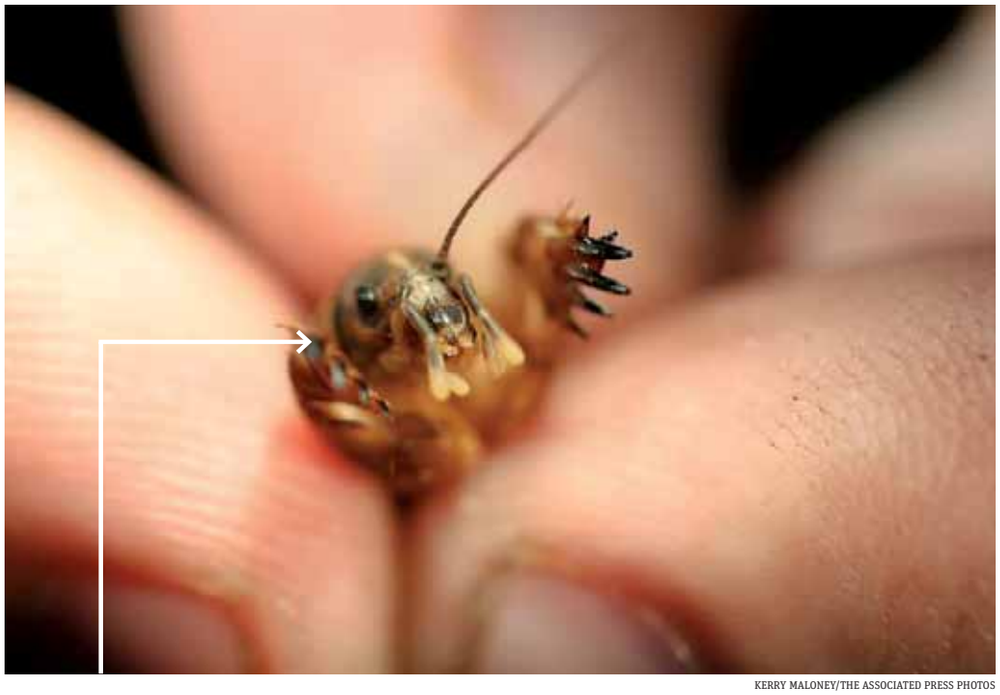
So is it possible to nurture our inclination towards glass-half-full thinking while avoiding the dangers presented by unrealistic optimism?

Properly educating ourselves on healthy living is just part of the solution; we also have to do our best to block out the fear-mongering propaganda. I don't want to pretend that genetically modified fruit and antibiotic-riddled meat products don't exist, but I also don't want to be consumed with end-of-the-world panic every time I go to put something in my mouth.

In the end, we're far more likely to be hit by a car than poisoned by the items in our refrigerator and yet, if we truly thought about that risk every day, most of us would probably never leave the house.

If it doesn't kill you, it will only make you ... more toxic? GETTY IMAGES FILE

Is something 'bugging' you?



KERRY MALONEY/THE ASSOCIATED PRESS PHOTOS

It's a bug's life

Trolling for insects is all the buzz

A Northern mole cricket is seen at Bayou Des Allemands in Louisiana.

Employees of the Audubon Butterfly Garden Insectarium in New Orleans collect bugs from the bayou to replenish the species in the insectarium's exhibits, while others are shipped to museums.

Much of the insect stock dies in a year or less, so the replenishment missions for local species are essential.

The trek to the bug-infested bayou area near New Orleans is one they make six to eight nights a year from May to October.

One type of insect they gather, the Whirligig beetles, don't breed in captivity, so it's a numbers game: If two-thirds of each group die, the larger group will still have enough survivors to replenish the display.

"We're just rolling the dice and hoping we have that really neat animal for as long as we can," Zack Lemann, of the insectarium, said.

The entomologists also troll fresh cowpats for the insectarium's dung beetles and the Audubon Species Survival Center on New Orleans' west bank to turn over rotting wood for glossy, black patent-leather beetles.

THE ASSOCIATED PRESS

Fear Factor-esque

"They taste like soft-shelled crab."

Zack Lemann, animal and visitor-programs manager of the Audubon Butterfly Garden Insectarium, on the dragonflies he freezes and cooks.

On a wing

900,000

Only a fraction of the 900,000 species can be put on display at the insectarium. Many are too tiny or simply too dull — the museum needs animals that are big, brightly coloured or do interesting things.

Zack Lemann holds a dragonfly in his mouth while collecting them for exhibits in Louisiana.

Metropolitan Panel

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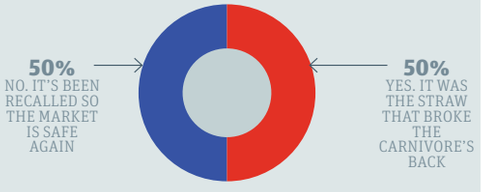
Has the latest recall scared you away from eating beef?



Twitter

@HodsonTaylor: This apartment is literally freezing... I can't stop shivering.

@ThaScheme: @AshleeyWebsterr i would tell you know but its about 4000 characters long and it would be easyer if i told you in an oral presentation

@bailshowell: I'm too tired to do homework

@JosephStLaurent: RT @StLaurentCentre: RT @StLaurentCentre: We are closed today. Happy Thanksgiving!

@camrclark: I'm a vegetarian who taught his 5-year-old how to stuff a turkey this Thanksgiving. Our modern family.

@DayannaVelarde: watchin the dictator w my cousin lol

metro

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Now pay attention, 007!

Bond quiz. How much do you know about the world's most famous secret agent?

ANTHONY JOHNSTON
Metro World News

Fifty years of 007 have given us loads of movie trivia ammo. Test your knowledge and find out if you're licensed to kill or Dr. Oh No.

1. Ursula Andress starred as the first Bond girl in Dr. No (1962). What was unusual about her role?
(A) She had to sleep with Bond actor Sean Connery to get the part.
(B) Her character's voice was provided by someone else, due to her heavy foreign accent.
(C) She wore a blonde wig.
(D) She had plastic surgery on her lips.

2. Which Bond movie sees 007 wear a Scottish kilt, meet some brainwashed beauties and get married?
(A) Dr. No (1962)
(B) Goldfinger (1964)
(C) Thunderball (1965)
(D) On Her Majesty's Secret Service (1969)

3. Which was the first Bond film to feature the famous car Aston Martin DB5?
(A) From Russia with Love (1963)
(B) Goldfinger (1964)
(C) Thunderball (1965)
(D) Diamonds Are Forever (1971)

4. George Lazenby is the only James Bond actor not from Great Britain or Ireland. Where is he from?
(A) Australia
(B) Hungary
(C) Canada
(D) New Zealand

What drink does Bond order in the poker scene in Casino Royale? HANDOUT

5. In Live and Let Die (1973), how does Bond kill drug-trafficking bad guy Kananga (a.k.a. Mr. Big)?
(A) Poisons him with a dart gun
(B) Throws him in the Louisiana bayou, then eaten by crocodiles
(C) Forces a shark gun pellet into Kananga's mouth, causing him to blow up like a balloon and explode
(D) Falls in a coffin filled with snakes and dies from venomous snakebites

6. In For Your Eyes Only (1981), Bond's arch-nemesis Ernst Stavro Blofeld finally meets his demise. How is he killed?
(A) Falls off a cliff edge after trying to save his cat
(B) Shot in the back by Jaws
(C) Frozen to death in an ice chamber in Iceland
(D) Bond drops him into a factory chimney from a helicopter

7. In The Living Daylights (1987), what does Bond toboggan down the snowy hill?
(A) Cello Case
(B) Crate of Bollinger
(C) Wooden sledge
(D) Speed boat

8. In Die Another Day (2002), which celebrity cameos as a fencing instructor?
(A) Tina Turner
(B) Britney Spears
(C) J.K. Rowling
(D) Madonna

9. What drink does Bond order in the poker scene in Casino Royale (2006)?
(A) Vodka Martini, shaken not stirred
(B) The Vesper: Three measures of Gordon's gin; one of vodka; half a measure of Kina Lillet vermouth. Shake it over ice, add a slice of lemon peel.
(C) Death in the Afternoon: 3 tablespoons of absinthe, 1/2 cup of Champagne
(D) Rum and coke

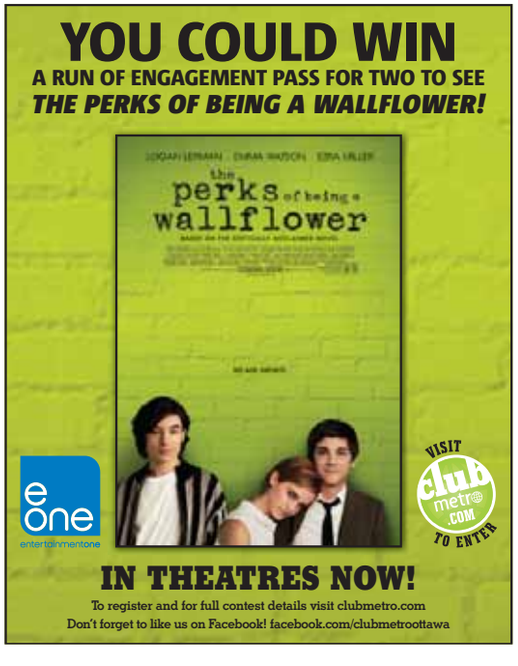
10. Oscar-winning actor Javier Bardem plays the bad guy in upcoming movie Skyfall (2012). What's the character's name?
(A) Lex Luthor
(B) Shredder
(C) Raoul Silva
(D) Keyser Söze

Scorecard

Answers: 1. (b) 2. (d) 3. (b) 4. (a) 5. (c) 6. (d) 7. (a) 8. (d) 9. (b) 10. (c)

- **1-3 correct.** Agent Zero
- **4-7 correct.** Double O-kay
- **8-10 correct.** Licence to Thrill

Visit metronews.ca for more James Bond coverage, including a look at the newest film, Skyfall. Tomorrow, Metro looks at the Top 12 Bond Girls and more celebrities reveal their favourite 007 actor.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From Breaking Bad to a break out CIA operation in Iran

Argo. Bryan Cranston talks about the unsung heroes of covert ops — and how he escaped growing a bad '70s shag for this role

NED EHRBAR
Metro World News in Hollywood

Bryan Cranston is a busy man. Aside from wrapping up his regular gig on Breaking Bad, the three-time Emmy-winner has been popping up in a lot of movies — seven in 2011 and six in 2012. In his latest, Argo, he teams with director and star Ben Affleck to present a decidedly positive view of the CIA.

You get off pretty easy as far as the '70s hair goes in this film, at least compared to your co-stars.

You know, Ben was asking me as we were going along, "How's the hair growing?" And it was growing out at the time. I shave it for Breaking Bad. I said, "If it's not as long as you think it should be, then we can put extensions in it. But it's coming! It's over the ears now," and that sort of thing. By parting it and swooping it, it was good. If there was anyone who had more conservative '70s hair, it would be someone at the CIA — an older guy during the 1970s, not so shaggy, not so unkempt. So it worked.

You're dealing with playing someone high-up at the CIA, an organization that's not always portrayed that positively in film. But in this particular story, the organization is pretty heroic.

It's interesting. Normally you have a clear protagonist and antagonist in your movie. This wasn't clear. We know who the protagonist was, but who's the antagonist here? It really became that this ideology, this force of oppression, like a barometric pressure, like it's going to break open and rain if they don't get these guys out. But there were all kinds of splinter groups of protagonists, like the Hollywood component. And talking about the maligned CIA, well look at Hollywood! Hollywood is skewered all the time — and not undeservedly so at times. It's easy. And here you have two people from the "Hollywood industry" that for all intents and purposes are doing this out of the goodness of their hearts. There's no money being exchanged, there is no public recognition, there's no award, there's no nothing. All it is, is doing something to try to save six American lives.

Argo opens this Friday. HANDOUT

That's a major theme of the film, that idea of doing this job with the full acknowledgment that you're not going to be recognized for it.

Exactly. And that's why I rebuke the idea that this was politically motivated. Because these men and women at the CIA were doing this knowing, believing that they would never be recognized for this. And that has to be OK.

DVD reviews

Prometheus

Director. Ridley Scott

Stars. Noomi Rapace, Logan Marshall-Green, Michael Fassbender

Prometheus valiantly asks the big questions — Who are we? How did we get here? — but then settles for banal answers. Director Ridley Scott diverts from a standard Alien prequel to muse about the spark of humanity, positing godlike activity in places far from heaven that his curious earthlings choose to visit. Their chariot is the trillion-dollar spaceship Prometheus, named for a reckless god. Scott's high motives take the low road when he gets to the yuck factor expected of all Alien movies, which now total five if you include Prometheus — and you should. A cool Michael Fassbender and warm Noomi Rapace make for inspired hires, saving the movie from its own excesses. Prometheus underachieves the awe but over delivers the ick. A lot more was promised, but pass the popcorn anyway. In space, no one can hear you whine.

PETER HOWELL

Rock of Ages

Director. Adam Shankman

Stars. Julianne Hough, Diego Boneta, Tom Cruise

Yes kids, there really was a time in the 1980s, just before the necessary corrective of grunge, when bands like Journey, Foreigner, Poison and Def Leppard were taken seriously. It was a decade when conjugating the verb "to rock," while dancing in leopard-skin pants and singing about small-town girls livin' in lonely worlds, was considered the height of cool, if not lyrical brilliance. So it's hard to be too hard on what director Adam Shankman has done with this screen adaptation of Rock of Ages, the Broadway hit musical that proved no material is too vapid for Broadway.

PETER HOWELL

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Katy Perry

Perry fed up with John Mayer's wandering eye

This is getting tough to keep up with.

Katy Perry has reportedly called it quits with John Mayer once again after getting fed up with his inattentive ways and wandering eye, according to Radar Online.

"John just can't commit, and he kept luring Katy back with promises that he was going to change, but then he didn't," a source says. "Katy was pretty crazy about him, so she kept giving him another chance. John liked Katy, so he wanted to keep her in his life, but it just wasn't up to Katy's standards."

The pair gave romance a go in August, only to break up after two weeks and then get back together again in September.

"She needs the guy to be on board 100 per cent, and she was sick of John disappearing for five days at a time then booty calling her then straightening up and treating her well, only to go back to his old behaviour a few days later," the source says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

DeVito and Perlman: Goodbye to a long marriage of two short people

THE WORD
Dorothy Robinson
scene@metronews.ca

Besides recounting the latest idiotic exploit of Lindsay Lohan, I sometimes feel like celebrities either separating or divorcing is the only thing I write about it in The Word.

But none of the break-ups I've featured on these pages have been as sad as what I'm about to tell you: After more than 30 years of marriage, Danny DeVito and Rhea Perlman are separating.

Yesterday, Entertainment Tonight broke the news that the similarly statured couple (he's 5'0" and she's 5'1") had split. And then the unthinkable happened: Danny Devito's rep confirmed their separation to Us Weekly. The two married in 1982 and have three children together.

But, fear not! After some intense "investigative reporting" by yours truly (and by investigative reporting, I mean I stumbled upon some random GeoCities webpage listing the heights of famous people), there are other actors Perlman and DeVito can date in order to retain the adorable-factor of tiny actors in love. My suggestions:

For Rhea:
Rick Moranis 5-foot-1
David Faustino 5-foot-3
Dudley Moore (RIP) 5-foot-3
Jason Alexander 5-foot-5

For Danny:
The Olson Twins 5-foot-1
Sissy Spacek 5-foot-2
Patricia Arquette 5-foot-1
Kristen Bell 5-foot-1

SNL star ducking work to spend time with Wilde

Things are reportedly getting pretty serious for Olivia Wilde and Saturday Night Live star Jason Sudeikis, her boyfriend of nine months.

"They are living together now," a source tells Us Weekly.

"Totally inseparable!" Sudeikis has even been ducking out of work to spend time with Wilde, as he did one night last month. "Everyone on the show staff was writing late," a source says. "But Jason managed to sneak over to Radio City Music Hall to see Bon Iver with Olivia."

As for the next big step, marriage is apparently not in the immediate future for either Wilde or Sudeikis, who both ended marriages within the last two years.

"They've both been married, so they've already experienced that and know what it entails," the source says. "It's something for down the road."

Olivia Wilde

Twitter

@lindsaylohan
Girls Love Shoes!!!

@jimmykimmel
one thing about the sewer - it's jam-packed with super villains

@mindykaling
I accidentally sprayed myself in the face with hair spray but I gotta say, it's a pretty good makeup sealant

@SteveMartinToGo
Electric eye failed on airport urinal. Had to flush it myself. WHAT'S GOING ON WITH MY LIFE?

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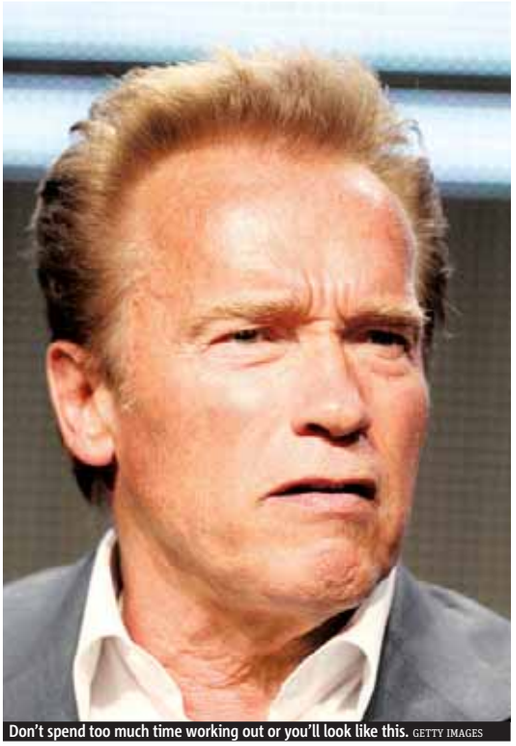
Better options than Botox

Beauty An alarming amount of Botox-injected faces were seen front row during fall Fashion Weeks. But do you really want a frozen zombie face? We find out how facial yoga helps tone the face, naturally

ROMINA McGUINNESS
life@metronews.ca



Don't spend too much time working out or you'll look like this. GETTY IMAGES

As we age, collagen and elastin (the protein fibres responsible for maintaining the skin's elasticity and structure) production decreases. In a desperate attempt to ward off fine lines and wrinkles, people splurge on Botox jabs and miracle skin creams.

"Botox doesn't last forever and skin creams are topical," warns Annelise Hagen, facial yoga expert and author of Yoga Face. "Neither fix what's going on underneath the skin's surface, such as loss of muscle tone and lack of oxygen. Doing regular facial exercises increases circulation and blood flow to the face, which has been proven to prolong the production of collagen and elastin."

Still skeptical? Hagen gives us the lowdown on facial yoga.

1. It is better than Botox.

"Botox is a quick fix, the benefits are temporary. It's so obvious when you get it done that people will probably assume you have low self-esteem. Facial yoga addresses the cause of the problem, such as loss of muscle tone, whereas all Botox will do is mask the symptoms."

2. Facial muscles do their own thing.

"Facial muscles respond to exercise just like any other muscle, only they're involuntary. They do what they want, when they want. Anything you feel or think registers on your face. Facial yoga teaches you to become aware of what your face is doing, because after years of scowling, thinking or frowning, small lines will have formed."

3. It gives your face a workout.

"Some lines, such as forehead or pucker lines, form because of things your face is doing habitually, such as frowning or kissing. You can get rid of these by smoothing out and relaxing the face. Other lines, like the nasal labial fold that goes from the nose to the mouth, tend to be caused by tension and the dragging down of gravity. The only way to get rid of these is to strengthen the muscles in that area. Contracting the muscle alone won't work. What you need to do is apply fingertip pressure to the area so that the muscle is pushing against something. Don't drag or pull with your fingers. Simply offer a resistance point so that the muscle has something to work against."

4. The results are immediate.

"A Botox jab smoothens the face because it effectively paralyses the facial muscles. But relaxing your face does exactly the same thing. As you go through the poses, you're stimulating collagen and elastin production and increasing circulation to the facial area. This will make your face appear plumper and improve skin tone."

5. It helps relax and rejuvenate your face.

"A lot of people don't realize this but holding in tension anywhere from below the eye socket to the neck and collarbones will drag the face and its muscles down. Facial yoga releases the tension, eventually lifting the face."

6. You could even lose some wrinkles.

"There are some very big muscles in our face (the zygomatic, the masseter and the mentalis) but by working them out and training them, we can actually change the way our face looks. We can help a droop become a lift, or at least be in neutral."

7. It allows you to age gracefully.

"Everyone's looks will fade. But doing regular facial exercises can help you look your best at any age and even lose a few years. If you're impatient and want an expressionless face, go ahead and (try) turn back time with injections or surgery."

8. Overdo it and you'll look like Schwarzenegger.

"You don't want to be overly built in the face, unless you want the facial structure of Schwarzenegger. A sequence of eight moves for 10 minutes, two to three times a week is enough.

Kapalbhati

Kapalbhati skull shining breath

This detoxing yoga breath brings so much circulation to the face it will literally make you shine.

How to:

1. Sitting cross-legged on the floor, cup one hand lightly in the other and press them gently against your lower belly.
2. Quickly contract your lower belly, pushing a burst of air out of your lungs. Release the contraction of your hands so that the belly rebounds to suck air into your lungs.
3. Repeat 10 times at about one exhale-inhale cycle every second or two.

Do 25 to 30 cycles at first, eventually increasing this to 100.

Improved outlook for breast cancer patients

Health science. Small advances to research and recovery have those affected living with a higher quality of life

CELIA MILNE
life@metronews.ca

Cure? Not yet.

While no one has hit a home run in curing breast cancer, there have been lots of base hits.

And that is very good news for women.

"Advances may be by themselves modest," says Halifax surgical oncologist Dr. Geoff Porter.

"But when you start adding them up, you see a 40 per cent reduction in breast cancer mortality."

Porter, who is the Ramia Chair in Surgical Oncology at Dalhousie University, says progress does not occur overnight.

"But there is no doubt the research in breast cancer has served patients well."

Metro asked Porter to name the top three advances in breast cancer treatment over the last five years.

The first is that doctors can better understand what medications are most likely to work, based on the genetic profile of the tumour.

"This tells us which patients benefit from which chemotherapy. Conversely, patients aren't getting exposed to something ineffective," says Porter.

Another advance is that breast cancer surgeries are becoming less and less invasive.

"Five or 10 years ago, women who were having surgery for breast cancer would routinely have a lot of lymph nodes in the underarm removed. In a lot women now, we can avoid that and have a much smaller procedure," says Porter.

The third advance is that women living with metastatic breast cancer — where the cancer has spread to other organs — are living longer and having a better quality of life.

"It makes the outlook for patients diagnosed with breast cancer much better," he adds.

Breast cancer surgeries are becoming less invasive. ISTOCK PHOTOS

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Trim down Asian fare with these Sweet 'n' Sour Meatballs

This recipe serves six. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

Create your own healthy Asian fare at home. By using ground chicken, you reduce the calories, fat and cholesterol (377, 7.7. g and 73 mg per serving, respectfully) of ground beef. But feel free to substitute any meat of your choice for the chicken.

1. In bowl, combine chicken, onion, ketchup, bread crumbs, egg, salt, pepper; mix well. With wet hands, form meatballs, using 1 tbsp of mix for each. Place on a plate; set aside.

2. In saucepan, heat oil over medium heat. Add garlic and onion and cook just until softened, 3 mins. Add bell peppers and cook 4 mins. Add tomato and pineapple juices, chili sauce, brown sugar, cornstarch and meatballs. Cover, reduce heat, simmer 25 mins., or until meatballs cooked through.

3. Meanwhile, bring rice and water to boil; cover and simmer 10 mins. Remove from heat and let stand 10 mins, covered.

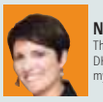
4. Serve meatballs and sauce over rice. Garnish with pineapple and parsley. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN**

Ingredients

- 12 oz ground chicken
- 1/4 cup finely chopped onion
- 2 tbsp ketchup
- 5 tbsp seasoned dry bread crumbs
- 1 egg
- pinch of salt and pepper
- 2 tsp vegetable oil
- 2 tsp finely chopped garlic
- 1/2 cup chopped onion
- 1/2 cup each diced red and green bell peppers
- 1 1/2 cups tomato juice
- 2 cups pineapple juice
- 1/2 cup sweet chili sauce
- 2 tbsp brown sugar
- 1 tbsp cornstarch
- 1 cup white rice
- 1 cup water
- 1/2 cup diced pineapple (fresh or canned)
- 3 tbsp chopped parsley

Health Solutions

The frozen truth



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

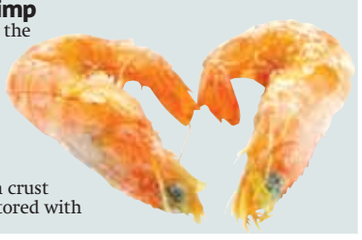
Weeknight meals during the chilly season need mindless nutrition.

There is no need to default to a ready-made lasagna when a quick frying pan full of high-nutrient food, that is also warming of the belly, is close at hand.

Here are the top items for your freezer if you want to get gourmet and healthy picks right out of the box.

1. Cookin' Greens
Cookin' Greens has a whole line of dark leafy greens ready to be stirred into a soup or pasta.

2. Frozen Shrimp
Frozen shrimp is the fastest cooking, exotic protein to go with your Caesar (salad or beverage).



3. Pizza
Whole grain thin crust pizza can be doctored with fresh herbs, spinach and pine nuts for fast deliciousness.

4. Edamame
Edamame is the perfect appetizer or snack. Steam and sprinkle with sea salt for a healthy yum.

5. Tortellini
Whole grain tortellini makes weeknight meals a snap. Just add salad.

There are foods in your freezer now that can make the difference between a messy meal and one that can help you fight off the next round flu. TV dinners don't have to be what they used to be — if you know where to look.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST AROSEDALEWELLNESS.COM IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Mushroom Pot Stickers. Traditional dumplings

1. In frying pan, place oil. Over medium heat, sweat shallots and garlic until translucent; add mushrooms. Season with salt and pepper; cook until mix is dry, 7 mins. Remove from heat and let mushrooms cool.

2. In bowl, using back of fork, mash beans. Fold in ginger, scallions and cilantro; add rice vinegar, sesame oil. Season with salt and pepper. Once mushrooms cool, fold into bean mix.

3. Spoon 1 ml (1/4 tsp) almond butter onto dumpling wrapper. Top with 15 ml (1 tbsp) of mushroom filling. Wet edges with water, fold over one side and press edges closed. Wet crease with water and crimp edges to seal. Continue with remaining wrappers, filling.

4. Bring pot of lightly salted water to boil. Gently boil 12 pieces at a time, 3 minutes or until floating. Remove from water, pat dry and place in a hot frying pan with oil and fry on one side until golden brown, then turn over and fry other side to brown.

5. Garnish with black sesame seeds, thinly sliced scallions and ginger and drizzle with teriyaki sauce.

THE CANADIAN PRESS/ CHEF ANTHONY ROSE OF THE DRAKE HOTEL IN TORONTO FOR THE ALMOND BOARD OF CALIFORNIA

Ingredients

- 90 ml (6 tbsp) vegetable oil
- 5 shallots, diced
- 4 cloves garlic, diced
- 285 g (10 oz) shiitake mushroom caps, thinly sliced
- 250 ml (1 cup) canned black beans, rinsed
- 75 ml (5 tbsp) pickled ginger, sliced (reserve half for garnish)
- 8 scallions, sliced (reserve half for garnish)
- 30 ml (2 tbsp) chopped cilantro
- 30 ml (2 tbsp) rice wine vinegar
- 15 ml (1 tbsp) dark sesame oil
- Salt and pepper, to taste
- 50 ml (1/4 cup) almond butter, divided
- 1 pkg dumpling wrappers
- Black sesame seeds, garnish
- 125 ml (1/2 cup) teriyaki sauce

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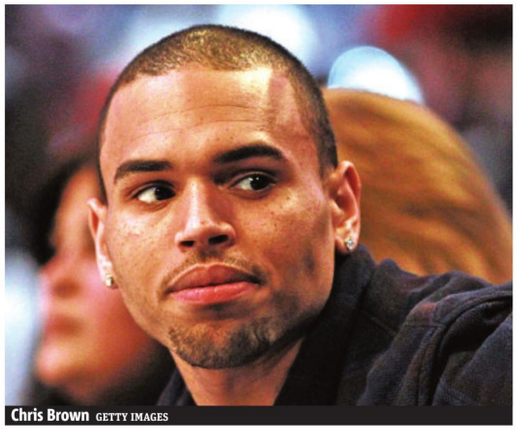
Should Rihanna give violent 'love of her life' Brown a second chance?

Pair seen kissing in club. After all that's happened, Barbados pop songstress seems willing to let painful bygones be bygones

ROMINA MCGUINNESS
life@metronews.ca


Chris Brown GETTY IMAGES

Rihanna GETTY IMAGES

Last Monday night, former pop couple Chris Brown and Rihanna were spotted kissing and dirty dancing at a NYC club, fuelling speculation that the pair are rekindling their love life.

Rumours of reconciliation between Brown, 23, and Rihanna, 24, have been circling for months. Last February, Brown featured on Rihanna's remix of her song Birthday Cake as the Barbados songstress lent her vocals to Brown's remix of Turn up the Music. In June, Brown was bottled during a nightclub fight allegedly involving Rihanna's ex boyfriend, Toronto rapper Drake.

But the biggest twist was Rihanna's emotional interview with Oprah Winfrey on Oprah's Next Chapter in August, when the pop star confessed Brown was the "love of her life" and that she'd forgiven him for his violent behaviour.

In 2009, Brown's then-girlfriend Rihanna was left hospitalized with visible facial wounds after Brown allegedly assaulted her.

The infamous incident caused massive public outrage, with fans urging Rihanna to stay away from her ex-boyfriend. Meanwhile, Brown decided to set the record straight by releasing the following statement, much to the ire of his most recent love interest 23-year-old model Karrueche Tran: "I have decided to be single to focus on my career. I love Karrueche very much but I don't want to see her hurt over my friendship with Rihanna. I'd rather be single allowing us to both be happy in our lives."

Brown then posted a video on Twitter, The Real Chris Brown (http://vimeo.com/50805715) addressing the Chris-Rihanna-Karrueche love triangle. Speaking to the camera, he says: "When you share history with somebody then you tend to fall in love with somebody else, it's difficult. Is there such a thing as loving two people? I don't know if that is possible but I feel like that."

Can we love two people at the same time? Relationship expert David Sbarra has doubts.

"The neurobiology of love makes it quite difficult to be actively 'in love' with two people," Sbarra told Metro.

"When you're in love with someone, so much energy and mental space is devoted to that person, it's very hard to think about two people in this way."

Many people will question how Rihanna can ever forgive Brown for the assault. Sbarra believes, however, that such an incident is "like an old sports injury one can live with."

"The psychological pain of a romantic breakup is like a physical scar or an old sports injury. When it's not too intense, we can play the same sport again, but the injury is still quite raw. Yet over time, we can get to a place where we don't even notice that old injury or hurt."

Right now, Rihanna and Brown seem determined to give their relationship another go. And they're not seeking anyone's blessing.

One of my favourites songs. It's third down on my Top 25 playlist. I reached over to grab my MP3 player to select it. I looked away for less than a second. Less than a second! How did I not see the little girl standing there with her Mom? It all happened so fast. Feels like a nightmare but it's real. I played russian roulette with another person's life.

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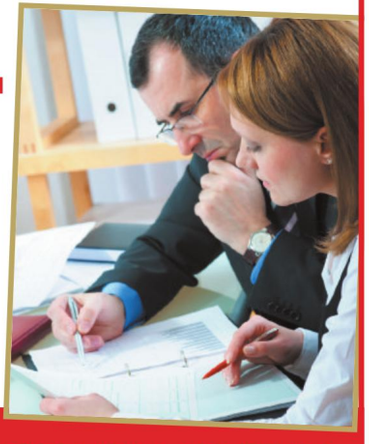

Did you know that to practice as a Paralegal in Ontario you must be licensed by the Law Society of Upper Canada (LSUC)? In order to write the LSUC licensing exam,you must graduate from a program of study accredited by LSUC.

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The best way to buy corporate bonds is through exchange-traded funds (ETFs). ISTOCK IMAGES

Bonds put regular money in your pocket

Alison's Money Rule.
Don't dismiss bonds; they add safety to your investment portfolio

YOUR MONEY
Alison Griffiths
money@metronews.ca

If you are looking for investing love today you'll find it in one word — yield. What's not to love about an investment that pays out regularly?

Before the current rock bottom interest rates became entrenched, government bonds provided a reasonable yield and ballast to your portfolio.

However, such investments are not much loved these days unless you choose those maturing in the far distant future.

You'll get a higher yield but it will be locked in. When interest rates finally rise your investment will be worth less. And your yield will be left behind as rates increase. So my advice is to choose short-term bonds for now.

One option is investment grade corporate bonds such as offered by the banks and other large, relatively stable corporations.

Your risk is not much more than government bonds but the yield will be higher, .50 per cent to 1.25 per cent on average.

The best way to buy such bonds is through exchange-traded funds (ETFs.) These are listed on the stock exchange just like a stock.

Because ETFs track an index and do no trading, the fees are tiny, far lower than charged by mutual funds. They also spread the risk among the pool of companies in the index.

You can purchase hybrid ETFs, which are a mix of government and corporate bonds. But with today's low interest rates most people, except for the extremely risk averse, are better off sticking with investment grade corporate bond ETFs. Unlike buying individual bonds, which mature on a specific date, ETF's hold a basket of bonds and roll them over as each comes due. Look for average maturities of around six years or less.

Sometimes it's hard to tell whether an ETF has government or corporate bonds or both.

Click on the product list of the respective providers and go to fixed income. From there you can generally click on the bond ETF name and a summary will appear including management fee.

Look for the explanation of the index and there you will discover the content of the ETF.

Corporate bond ETF providers

- **BMO.** etfs.bmo.com
- **RBC.** funds.rbcgam.com/etfs
- **iShares.** ca.ishares.com/home.htm
- **Powershares.** invesco.ca
- **First Asset.** firstasset.com

Paying in cash

Sidestepping the taxman

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

I recently moved into an eight-year-old inner-city condo that I love. It's got beautiful views, in fantastic location and the perfect amount of space for my lifestyle.

However, many of the features of my home needed to be upgraded when I took possession and so I embarked on a home renovation. I've focused on high-value aspects of the home such as the counter tops, sinks, faucets, glass for baths, appliances and removing a non-structural wall that was partially blocking my view of downtown.

On a few occasions throughout the three-month process, contractors quoted me prices in cash or cheque. Not surprisingly the cash quotes were significantly less.

This got me thinking about whether paying cash to sidestep the taxman is OK. Certainly it's more frugal to pay cash because you save big dollars *and* you avoid racking up your credit card. But, while paying cash can save you sales tax, there can be serious implications for not reporting income.

According to H&R Block's September 2012 survey, the majority of Canadians admit to paying cash to avoid sales taxes, but only 30 per cent feel that it's wrong to do so. Not surprisingly, younger cash-strapped respondents, aged 18 to 34, appear more eager to save through cash payments than older respondents.

If an individual or business is looking for ways to save on taxes, there are legitimate tax credits and benefits available to Canadians.

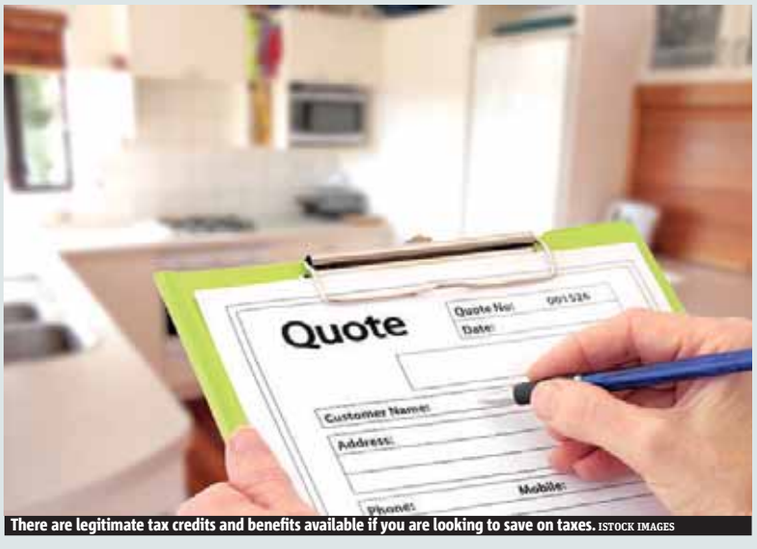
Businesses, for example, can receive credits for over 20 different types of expenses such as automobile, telephone, health-plan premiums, insurance, bad debts, advertising and much more. Check out how you or your business can save money on taxes through Revenue Canada's website cra.gc.ca/taxsavings.

If you, as an individual, need to save money on big-ticket items like renovations, try negotiating the price with the contractor by getting multiple quotes, work alongside labourers, source your own supplies and ask for discounts at every step of the process.

If you do have undeclared income, you can report it through Revenue Canada's Voluntary Disclosure Program. There are no penalties for declaring, but it doesn't exempt you from paying taxes or interest. Many contractors and restaurant workers declare income through this program.

Frugality shouldn't outweigh legality. Be financially resourceful when you're embarking on expensive projects and take advantage of legitimate tax savings.

Follow Lesley on Twitter @LesleyScorgie



There are legitimate tax credits and benefits available if you are looking to save on taxes. ISTOCK IMAGES

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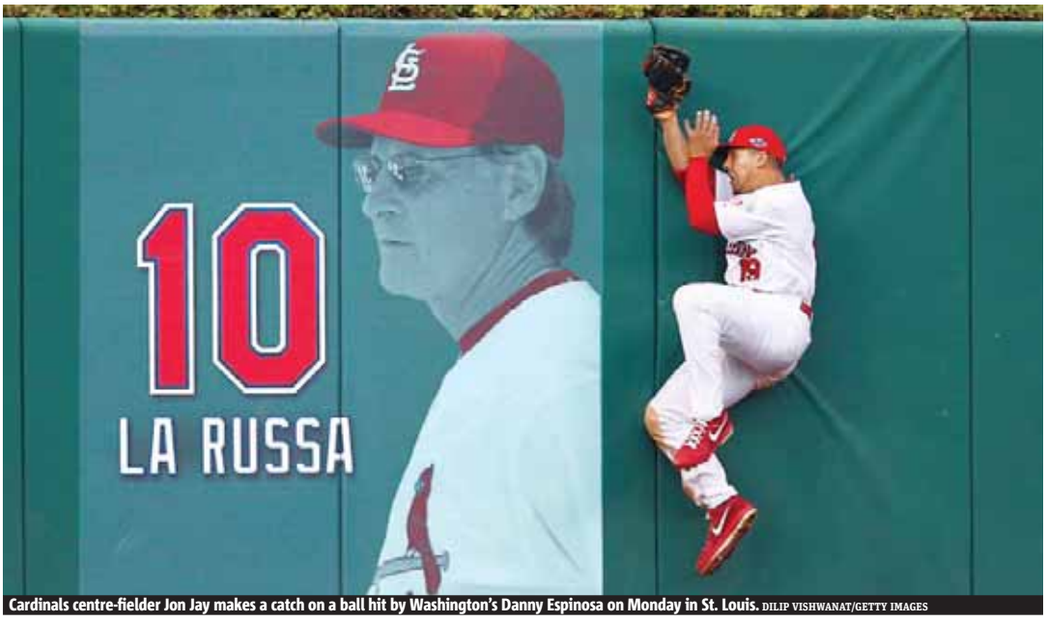

Cardinals centre-fielder Jon Jay makes a catch on a ball hit by Washington's Danny Espinosa on Monday in St. Louis. DILIP VISHWANAT/GETTY IMAGES

Answering the call of fall in St. Louis

MLB. Cardinals show championship resolve in 'must-win game' against Nationals

Never count out the St. Louis Cardinals in October — especially after they lose a series opener.

Carlos Beltran hit the last two of the Cardinals' four homers and St. Louis chased an ineffective Jordan Zimmermann early in a 12-4 rout of the Washington Nationals on Monday that tied their NL division series at one game apiece.

"We know this offence has the potential to do this," Cardinals rookie manager Mike Matheny said. "It was nice to see this, and hopefully it becomes contagious and the guys just keep going."

Game 2

Cardinals	Nationals
12	4

Allen Craig and Daniel Descalso also went deep to help the defending World Series champions build a big lead that compensated for a two-inning start from an ailing Jaime Garcia. Craig hit his fifth career post-season homer and scored three times.

Ryan Zimmerman and Adam LaRoche hit consecutive homers in the fifth for the Nationals, who head home for the remainder of the best-of-five series. But the NL East champions are without all-star ace Stephen Strasburg, shut down for the rest of the season early last month to protect his surgically repaired arm.

Game 3 is Wednesday afternoon at Nationals Park. Edwin Jackson starts for Washington against longtime Cardinals ace Chris Carpenter, who made only three starts during the regular season because of injury.

"Today, for us, was a must-win game," Beltran said.

The Cardinals seem to live for those. They lost the division series and NLCS openers last fall, then finished strong in the World Series after spotting Texas a 3-2 lead.

So, they're on familiar ground.

"We knew how big this game was for us," centre-fielder Jon Jay said. "We've seen it all year — when we are able to do that, we are pretty dangerous."

Beltran homered twice in the post-season for the third time in his career, connecting in the sixth off Mike Gonzalez and eighth off Sean Burnett. Jay had two hits and three RBIs, plus an outstanding catch at the centre-field wall to deprive Danny Espinosa of extra bases in the sixth.

"One of the best catches I've seen. I think it's his best catch of the year," Matheny said. "He barely looked up as he was hitting the wall. Very impressive." THE ASSOCIATED PRESS

NHL

Lockout talks to remain focused on secondary issues

The NHL and NHL Players' Association likely won't discuss economics when collective bargaining talks resume this week.

The sides have agreed to sit down together in New York on Wednesday and Thursday, but deputy commissioner Bill Daly said Monday that he expects the conversation to cover secondary issues, including "health and safety, medical care, drug testing, rent, and mortgage reimbursements (and) grievances."

Talks have been limited to ancillary topics since the lockout was enacted, including during two separate sessions last week.

THE CANADIAN PRESS

CFL

Roughriders run over Argonauts in Toronto

Kory Sheets and Weston Dressler scored third-quarter touchdowns to power the Saskatchewan Roughriders to a decisive 36-10 win over the Toronto Argonauts on Monday.

Sheets' season-high 48-yard TD run at 9:29 put Saskatchewan ahead 29-10 and brought "Let's Go Riders," chants from the Saskatchewan faithful within the Rogers Centre gathering of 25,176. THE CANADIAN PRESS

Roughrider Kory Sheets rushes in Toronto on Monday. THE CANADIAN PRESS

MLB. Leyland insists kiss wasn't meant as a dis

Ideally, Jim Leyland would have everybody hug it out and play ball.

With the Tigers leading the Oakland Athletics 2-0 and a win from advancing to the AL championship series, Leyland was trying to calm controversy caused by a kiss on Monday ahead of Tuesday's Game 3.

Leyland insists reliever Al Alburquerque meant no ill will toward the A's when he fielded Yoenis Cespedes' ninth-inning comebacker and quickly kissed the ball before throwing to first.

"It wasn't a smart thing to do, but I can honestly tell you that there is no way that Al Alburquerque or any members of the Detroit Tigers would ever do anything intentionally to offend another team," Leyland said. THE ASSOCIATED PRESS

Quoted

"I respect Cespedes and I didn't do it out of disrespect. I was just excited to get the out."

Tigers reliever Al Alburquerque on his now-infamous gesture towards Oakland's Yoenis Cespedes

MLB

Lincecum falls down depth chart in San Francisco

Left-hander Barry Zito will start Game 4 for the San Francisco Giants if they can extend their NL division series against the Cincinnati Reds.

Two-time Cy Young Award winner Tim Lincecum? He's staying in the bullpen. The Giants trail 2-0 in the best-of-five series. The Reds can finish it off Tuesday night when Homer Bailey goes against the Giants' Ryan Vogelsong (14-9). THE ASSOCIATED PRESS

NFL. Optimism surrounds concussed RG3 in D.C.

Robert Griffin III felt good enough to attend something called a Rookie Success Program meeting Monday morning and seemed, by all accounts, to be doing just fine on the day after suffering his first NFL concussion.

Griffin still has to complete the league's mandated return-to-play protocol before he's cleared for practice, but his Washington Redskins teammates and coach Mike Shanahan were optimistic the Heisman Trophy winner will be able to play in this week's game against the Minnesota Vikings.

"We should find out in the next few days exactly what happens," Shanahan said. THE ASSOCIATED PRESS

Trainers check Washington quarterback Robert Griffin III on Sunday. THE ASSOCIATED PRESS

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	3	2	0	.600	165	113
N.Y. Jets	2	2	0	.500	81	109
Miami	2	3	0	.400	103	103
Buffalo	2	3	0	.400	118	176

SOUTH

	W	L	T	Pct	PF	PA
Houston	4	0	0	1.000	126	56
Indianapolis	2	2	0	.500	91	110
Jacksonville	1	4	0	.200	65	138
Tennessee	1	4	0	.200	88	181

NORTH

	W	L	T	Pct	PF	PA
Baltimore	4	1	0	.800	130	89
Cincinnati	3	2	0	.600	125	129
Pittsburgh	2	2	0	.500	93	89
Cleveland	0	5	0	.000	100	139

WEST

	W	L	T	Pct	PF	PA
San Diego	3	2	0	.600	124	102
Denver	2	3	0	.400	135	114
Oakland	1	3	0	.250	67	125
Kansas City	1	4	0	.200	94	145

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Philadelphia	3	2	0	.600	80	99
N.Y. Giants	3	2	0	.600	152	111
Dallas	2	2	0	.500	65	88
Washington	2	3	0	.400	140	147

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	5	0	0	1.000	148	93
Tampa Bay	1	3	0	.250	82	91
Carolina	1	4	0	.200	92	125
New Orleans	1	4	0	.200	141	154

NORTH

	W	L	T	Pct	PF	PA
Minnesota	4	1	0	.800	120	79
Chicago	4	1	0	.800	149	71
Green Bay	2	3	0	.400	112	111
Detroit	1	3	0	.250	100	114

WEST

	W	L	T	Pct	PF	PA
Arizona	4	1	0	.800	94	78
San Francisco	4	1	0	.800	149	68
St. Louis	3	2	0	.600	96	94
Seattle	3	2	0	.600	86	70

WEEK 5

Monday's result
Houston at N.Y. Jets
Sunday's results
Baltimore 9 Kansas City 6
Atlanta 24 Washington 17
Pittsburgh 16 Philadelphia 14
Indianapolis 30 Green Bay 27
N.Y. Giants 41 Cleveland 27
Miami 17 Cincinnati 13
Seattle 16 Carolina 12
Chicago 41 Jacksonville 3
San Francisco 45 Buffalo 3
Minnesota 30 Tennessee 7
New England 31 Denver 21
New Orleans 31 San Diego 24
Thursday's result
St. Louis 17 Arizona 3

WEEK 6

Thursday's game — All Times Eastern
Pittsburgh at Tennessee, 8:20 p.m.
Sunday's games
Oakland at Atlanta, 1 p.m.
Kansas City at Tampa Bay, 1 p.m.
Indianapolis at N.Y. Jets, 1 p.m.
Cincinnati at Cleveland, 1 p.m.
Detroit at Philadelphia, 1 p.m.
St. Louis at Miami, 1 p.m.
Dallas at Baltimore, 1 p.m.
Buffalo at Arizona, 4:05 p.m.
New England at Seattle, 4:05 p.m.
N.Y. Giants at San Francisco, 4:25 p.m.
Minnesota at Washington, 4:25 p.m.
Green Bay at Houston, 8:20 p.m.
Monday, Oct. 15
Denver at San Diego, 8:30 p.m.

GOLF

PGA—SHRINER'S OPEN

At Las Vegas
Par 71
Final Round

Ryan Moore, $810,000	61-68-65-66—260
Brendon de Jonge, $486,000	62-66-66-67—261
Jonas Blixt, $306,000	64-64-66-70—264
Jason Day, $216,000	69-68-64-65—266
Bill Lunde, $180,000	67-69-67-66—269
Richard H. Lee, $156,375	66-68-71-65—270
Scott Piercy, $156,375	67-66-73-64—270
Blake Adams, $135,000	65-70-68-68—271
Jason Bohn, $135,000	71-66-64-70—271
Tim Herron, $112,500	63-68-68-73—272
Jimmy Walker, $112,500	67-66-66-73—272
Nick Watney, $112,500	66-66-71-69—272
Bobby Gates, $72,500	70-67-66-70—273
Mathew Goggin, $72,500	68-69-70-66—273
John Huh, $72,500	63-69-72-69—273
Colt Knost, $72,500	68-67-66-72—273
Russell Knox, $72,500	66-67-68-72—273
Jeff Overton, $72,500	70-66-68-69—273
Heath Slocum, $72,500	67-67-74-65—273
Brendan Steele, $72,500	69-67-70-67—273
Michael Thompson, $72,500	70-66-68-69—273
Angel Cabrera, $39,488	68-70-67-69—274
Bob Estes, $39,488	69-68-68-69—274
Robert Garrigus, $39,488	66-68-73-67—274
John Mallinger, $39,488	70-65-72-67—274
Kevin Na, $39,488	68-66-70-70—274
Patrick Reed, $39,488	65-69-70-70—274
Kevin Streelman, $39,488	68-67-68-71—274
Josh Teater, $39,488	70-65-67-72—274
David Hearn, $29,250	**68-70-69-68—275**

WEB.COM—NEEDIEST KIDS CHAMPIONSHIP

At Potomac, Maryland
Par 70
Final Round

David Lingmerth, $108,000	66-66-74-66—272
Casey Wittenberg, $64,800	67-69-68-69—273
Alistair Presnell, $34,800	65-70-70-69—274
Philip Pettitt, Jr., $34,800	66-71-68-69—274
Chris Wilson, $24,000	70-68-67-70—275
Morgan Hoffmann, $20,850	69-69-72-68—278
Bronson La'Cassie, $20,850	67-67-75-69—278
Sam Saunders, $16,200	66-73-71-69—279
Reid Edstrom, $16,200	69-72-67-71—279
Will Wilcox, $16,200	65-71-69-74—279
Josh Persons, $16,200	65-68-69-77—279
Tom Hoge, $16,200	69-65-69-76—279
Brian Stuard, $12,000	68-70-73-69—280
Luke List, $12,000	68-72-66-74—280
Rob Oppenheim, $10,800	68-72-70-71—281
Cliff Kresge, $7,880	70-69-73-70—282
Tag Ridings, $7,880	72-70-70-70—282
Camilo Benedetti, $7,880	69-68-74-71—282
Glen Day, $7,880	67-73-72-70—282
Stuart Anderson, $7,880	**69-73-71-69—282**
Joe Durant, $7,880	73-69-72-68—282
Michael Putnam, $7,880	71-69-70-72—282
Brad Fritsch, $7,880	**67-66-74-75—282**
D.J. Brigman, $7,880	66-70-70-76—282
Robert Streb, $4,800	68-72-73-70—283
Adam Hadwin, $4,800	**69-72-72-70—283**

SOCCER

MLS

EASTERN CONFERENCE

	W	L	T	Pts	GF	GA
x-Kansas City	17	7	8	59	40	26
x-Chicago	17	10	5	56	45	39
D.C.	16	10	6	54	49	40
New York	15	9	8	53	54	46
Houston	13	8	11	50	45	38
Columbus	14	11	7	49	40	40
Montreal	12	15	5	41	45	50
Philadelphia	10	15	6	36	35	37
New England	7	17	8	29	37	44
Toronto FC	5	20	7	22	35	60

WESTERN CONFERENCE

	W	L	T	Pts	GF	GA
x-San Jose	19	6	7	64	69	40
x-Real Salt Lake	17	11	4	55	46	35
x-Seattle	14	7	10	52	48	31
x-Los Angeles	15	12	5	50	56	45
Vancouver	11	12	9	42	35	40
FC Dallas	9	12	11	38	39	42
Colorado	9	19	4	31	40	50
Portland	7	16	9	30	32	55
Chivas USA	7	17	8	29	22	54

NOTE: Three points for victory, one point for tie.
x—clinched playoff berth
Sunday's results
Columbus 1 Sporting Kansas City 1
Chivas USA 1 FC Dallas 1
Seattle FC 3 Portland 0
Saturday's results
D.C. United 1 Toronto FC 0
Chicago 2 New York 0
Philadelphia 1 New England 0
Houston 1 Montreal 1
San Jose 4 Colorado 1
Real Salt Lake 2 Los Angeles 1
Wednesday, Oct. 17 — All Times Eastern
Real Salt Lake at Seattle FC, 11 p.m.
Saturday, Oct. 20
Montreal at Toronto FC, 1:30 p.m.
Sporting Kansas City at New York, 7 p.m.
Columbus at D.C. United, 7:30 p.m.
Chicago at New England, 7:30 p.m.
Philadelphia at Houston, 7:30 p.m.
Colorado at Chivas USA, 10:30 p.m.
Sunday, Oct. 21
Los Angeles at San Jose, 7 p.m.
Portland at Vancouver, 7 p.m.
FC Dallas at Seattle FC, 9 p.m.

ENGLAND — PREMIER LEAGUE

Sunday's results
Southampton 2 Fulham 2
Liverpool 0 Stoke City 0
Tottenham 2 Aston Villa 0
Manchester United 3 Newcastle 0

FRANCE — LIGUE 1

Sunday's results
Brest 1 Bordeaux 1
Lorient 1 Lyon 1
Marseille 2 Paris Saint-Germain 2

GERMANY — BUNDESLIGA

Sunday's results
Borussia Moenchengladbach 2 Frankfurt 0
Stuttgart 2 Bayer Leverkusen 2
Hannover 1 Borussia Dortmund 1

ITALY — SERIE A

Sunday's results
Roma 2 Atalanta 0
Catania 2 Parma 0
Fiorentina 1 Bologna 0
Lazio 3 Pescara 0
Juventus 2 Siena 1
Cagliari 1 Torino 0
Inter Milan 1 AC Milan 0
Napoli 2 Udinese 1

SPAIN — PRIMERA

Sunday's results
Levante 1 Valencia 0
Granada 2 Mallorca 1
Athletic Bilbao 1 Osasuna 0
Barcelona 2 Real Madrid 2
Atletico Madrid 2 Malaga 1

CFL

WEEK 15

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	14	8	6	0	382	405	16
Toronto	14	7	7	0	327	357	14
Hamilton	14	5	9	0	421	444	10
Winnipeg	14	4	10	0	274	428	8

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
x-B.C.	14	10	4	0	365	271	20
Calgary	14	8	6	0	398	329	16
Saskatchewan	14	8	6	0	377	290	16
Edmonton	14	6	8	0	314	334	12

x — Clinched playoff berth.
Week 15
Monday's results
Saskatchewan 36 Toronto 10
Winnipeg 27 Montreal 22
Saturday's result
B.C. 27 Calgary 22
Friday's result
Edmonton 35 Hamilton 20
Week 16 — All Times Eastern
Friday, Oct. 12
B.C. at Hamilton, 7:30 p.m.
Saturday, Oct. 13
Calgary at Winnipeg, 1 p.m.
Saskatchewan at Edmonton, 4 p.m.
Sunday, Oct. 14
Montreal at Toronto, 1 p.m.

ROUGHRIDERS 36, ARGONAUTS 10

First Quarter
Sask — FG DeAngelis 17 2:17
Sask — TD Willy 1 run (DeAngelis convert) 6:00
Tor — FG Waters 48 11:15
Second Quarter
Sask — FG DeAngelis 45 1:16
Tor — TD Riggs 5 pass from Jackson (Waters convert) 4:39
Sask — FG DeAngelis 12 14:08
Sask — FG DeAngelis 48 14:58
Third Quarter
Sask — FG DeAngelis 31 5:24
Sask — TD Sheets 48 run (DeAngelis convert) 9:29
Sask — TD Dressler 78 pass from Durant (DeAngelis convert) 11:25
Fourth Quarter
No Scoring.

Saskatchewan	**10**	**9**	**17**	**0**	**— 36**
Toronto	**3**	**7**	**0**	**0**	**— 10**

Team Statistics	**Sask**	**Tor**
First downs	18	13
Yards rushing	121	58
Yards passing	276	165
Total offence	397	223
Team losses	5	10
Net offence	392	213
Passes made-tried	21-29	17-36
Return-yards	164	177
Intercepts-yards by	1-0	0-0
Fumbles-lost	1-0	1-1
Sacks by	1	1
Punts-average	8-44.3	12-40.0
Penalties-yards	11-95	17-126
Time of possession	34:36	25:24

Individual
Rushing: Sask — Sheets 19-113, West 3-7, Dressler 1-3, Willy 3-minus-2; Tor — Riggs 10-56, Owens 1-2.
Receiving: Sask — Dressler 5-97, T.Smith 4-79, West 3-28, Hughes 1-28, McHenry 3-21, Carr 2-15, Getzlaf 1-5, Sheets 2-3; Tor — Durie 4-51, Bradwell 3-33, Owens 4-26, Mann 2-26, J.Johnson 1-17, Riggs 3-12.
Passing: Sask — Durant 21-29, 276 yards, 1 TD, 0 ints; Tor — Jackson 16-31-162-1-1, Harris 1-5-3-0-0.
Attendance — 25,716 at Toronto.

MLB

AMERICAN LEAGUE

N.Y. YANKEES VS. BALTIMORE
(N.Y. Yankees lead series 1-0)
Monday's result
N.Y. Yankees at Baltimore
Sunday's result
N.Y. Yankees 7 Baltimore 2
Wednesday's game — All Times Eastern
Baltimore (Gonzalez 9-4) at N.Y. Yankees
Kuroda (16-11), 7:37 p.m.
Thursday's game
x-Baltimore (Saunders 3-3) at N.Y. Yankees (Hughes 16-13)
Friday, Oct. 12
x-Baltimore (Hammel 8-6) at N.Y. Yankees (Sabathia 15-6)

OAKLAND VS. DETROIT
(Detroit leads series 2-0)
Sunday's result
Detroit 5 Oakland 4
Saturday's result
Detroit 3 Oakland 1
Tuesday's game
Detroit (Sanchez 4-6) at Oakland (Anderson 4-2), 9:07 p.m.
Wednesday's game
x-Detroit (Scherzer 16-7) at Oakland (Griffin 7-1), 9:37 p.m.
Thursday's game
x-Detroit (Verlander 17-8) at Oakland (Parker 13-8)
x — If necessary.

NATIONAL LEAGUE

WASHINGTON VS. ST. LOUIS
(Series tied 1-1)
Monday's result
St. Louis 12 Washington 4
Sunday's result
Washington 3 St. Louis 2
Wednesday's game — All Times Eastern
St. Louis (Carpenter 0-2) at Washington (Jackson 10-11), 1:07 p.m.
Thursday's game
x-St. Louis (Lohse 16-3) at Washington (Detwiler 10-8)
Friday, Oct. 12
x-St. Louis at Washington

SAN FRANCISCO VS. CINCINNATI
(Cincinnati leads series 2-0)
Sunday's result
Cincinnati 9 San Francisco 0
Saturday's result
Cincinnati 5 San Francisco 2
Tuesday's game
San Francisco (Vogelsong 14-9) at Cincinnati (Bailey 13-10), 5:37 p.m.
Wednesday's game
x-San Francisco (Cain 16-5) at Cincinnati (Latos 14-4), 4:07 p.m.
Thursday's game
x-San Francisco (Bumgarner 16-11) at Cincinnati (Cueto 19-9)
x — If necessary.

CARDINALS 12, NATIONALS 4

Washington	**AB**	**R**	**H**	**BI**	**BB**	**SO**	**Avg.**
Werth rf	4	1	1	0	1	2	.222
Harper cf	5	0	1	0	0	4	.100
Zimmerman 3b	4	1	2	2	0	1	.333
LaRoche 1b	4	1	1	1	1	1	.125
Morse lf	4	0	2	0	0	0	.375
Desmond ss	4	1	1	0	0	1	.500
Espinosa 2b	3	0	1	0	1	0	.167
K.Suzuki c	4	0	0	0	0	2	.143
Zimmermann p	1	0	1	1	0	0	1.000
b-Bernadina ph	0	0	0	0	1	0	—
Stammen p	0	0	0	0	0	0	—
C.Garcia p	0	0	0	0	0	0	—
c-Lombardozzi ph	1	0	0	0	0	0	.000
Mic.Gonzalez p	0	0	0	0	0	0	—
Mattheus p	0	0	0	0	0	0	—
e-Tracy ph	1	0	0	0	0	0	.000
S.Burnett p	0	0	0	0	0	0	—
Gorzelanny p	0	0	0	0	0	0	—
Totals	**35**	**4**	**10**	**4**	**4**	**11**	

St. Louis	**AB**	**R**	**H**	**BI**	**BB**	**SO**	**Avg.**
Jay cf	5	1	2	3	0	1	.250
Beltran rf	4	2	2	3	1	0	.375
Holliday lf	4	1	0	0	1	1	.000
Craig 1b	5	2	3	1	0	1	.333
Y.Molina c	4	1	2	0	1	0	.286
Freese 3b	3	1	1	1	1	0	.429
Descalso 2b	4	2	2	2	0	0	.333
Kozma ss	3	2	1	0	1	2	.200
J.Garcia p	0	0	0	0	0	0	—
a-Schumaker ph	1	0	0	1	0	0	.000
Lynn p	0	0	0	0	0	0	—
J.Kelly p	0	0	0	0	0	0	—
d-S.Robinson ph	1	0	0	0	0	0	.000
Mujica p	0	0	0	0	0	0	—
Boggs p	0	0	0	0	0	0	—
f-M.Carpenter ph	1	0	0	0	0	1	.000
Rosenthal p	0	0	0	0	0	0	—
Totals	**35**	**12**	**13**	**11**	**5**	**6**	

Washington	**010**	**020**	**100**	**—**	**4 10 2**
St. Louis	**041**	**201**	**04X**	**—**	**12 13 0**

Washington	**IP**	**H**	**R**	**ER**	**BB**	**SO**	**NP**	**ERA**
Zimmermann L, 0-1	3 7	5	5	0	2	63		15.00
Stammen	⅓	1	2	2	2	0	20	13.50
C.Garcia	1⅓	0	0	0	2	2	28	0.00
Mic.Gonzalez	1	1	1	1	0	1	16	9.00
Mattheus	1	0	0	0	0	0	12	0.00
S.Burnett	⅔	3	4	3	1	1	29	40.50
Gorzelanny	⅓	1	0	0	0	0	3	0.00

St. Louis	**IP**	**H**	**R**	**ER**	**BB**	**SO**	**NP**	**ERA**
J.Garcia	2	2	1	1	3	3	51	4.50
Lynn W, 1-0	3	3	2	2	1	5	50	5.40
J.Kelly	1	0	0	0	0	0	8	0.00
Mujica	1	2	1	1	0	0	11	4.50
Boggs	1	2	0	0	0	0	17	0.00
Rosenthal	1	1	0	0	0	3	22	0.00

T—3:27. A—45,840 (43,975) at St. Louis.

TENNIS

WTA GENERALI LADIES

At Linz, Austria
Singles — First Round
Kiki Bertens, Netherlands, def. Mona Barthel, Germany, 7-6 (3), 1-6, 6-1.
Sofia Arvidsson, Sweden, def. Lucie Safarova (4), Czech Republic, 3-6, 6-2, 7-5.
Lucie Hradecka, Czech Republic, def. Silvia Soler-Espinosa, Spain, 6-3, 7-6 (5).

ATP SHANGHAI ROLEX MASTERS

At Shanghai, China
Singles — First Round
Benoit Paire, France, def. Philipp Petzschner, Germany, 7-6 (2), 6-4.
Sam Querrey, United States, def. Zhe Li, China, 6-3, 6-1.
Grigor Dimitrov, Bulgaria, def. Pablo Andujar, Spain, 7-5, 6-3.
Tommy Robredo, Spain, def. Alex Bogomolov Jr., Russia, 7-6 (4), 6-4.
Marin Cilic, Croatia, def. Lukasz Kubot, Poland, 7-5, 6-3.
Kevin Anderson, South Africa, def. Jarkko Nieminen, Finland, 6-2, 7-6 (4).
Richard Gasquet (11), France, def. Brian Baker, United States, 6-2, 6-3.
Andreas Seppi, Italy, def. Michael Berrer, Germany, 6-2, 7-6 (5).
Tommy Haas, Germany, def. Nicolas Almagro (9), Spain, 4-6, 7-6 (4), 6-2.
Alexandr Dolgopolov, Ukraine, def. Jeremy Chardy, France, 6-3, 6-2.

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Horoscopes

♈ Aries
March 21 - April 20
What can you do to make the world a better place? The Sun and Jupiter will put you in a position where you can make it happen today. But you must avoid negative thinking. See only the best in people.

♉ Taurus
April 21 - May 21
Don't waste time on negative individuals who don't see life through your rose-tinted spectacles. You were born to take risks and you were born to have fun, so what are you waiting for? Go for it, Taurus!

♊ Gemini
May 22 - June 21
If others get the idea that you are about to make changes, they might use it as an excuse to make changes of their own — and they may not be to your liking. Why not just leave things as they are?

♋ Cancer
June 22 - July 23
Don't follow the herd: Go your own way, do your own thing and don't worry if you seem to be the only one who believes certain things. It just means you are the only one who is right!

♌ Leo
July 24 - Aug. 23
Your powers of persuasion will convince everyone that you know what you are doing and that you can be trusted. Hopefully it is true but even if it is not, you will have a great excuse ready to deflect any criticism.

♍ Virgo
Aug. 24 - Sept. 23
You can, if you wish, change your ways but don't lose sight of who you really are. Whatever changes you make, you will still be the same person you have always been — and you should be proud of that.

♎ Libra
Sept. 24 - Oct. 23
Take the most direct route to wherever it is you want to go. Both at home and at work you will enjoy yourself more today if you don't make life too complicated for yourself.

♏ Scorpio
Oct. 24 - Nov. 22
Even if you are the kind of Scorpio who thinks carefully and slowly about everything, you will still come up with some wonderful ideas today. Make sure they are ideas that can be exploited for your own benefit.

♐ Sagittarius
Nov. 23 - Dec. 21
You will learn something new about a friend today — something you would not have guessed in a million years. It only goes to show that everyone has secrets. Be careful, you don't let your own secrets show!

♑ Capricorn
Dec. 22 - Jan. 20
You can increase your chances of success and happiness today simply by finding the courage to take some kind of risk. Don't worry that it might go wrong. Even if it does, good will still come of it.

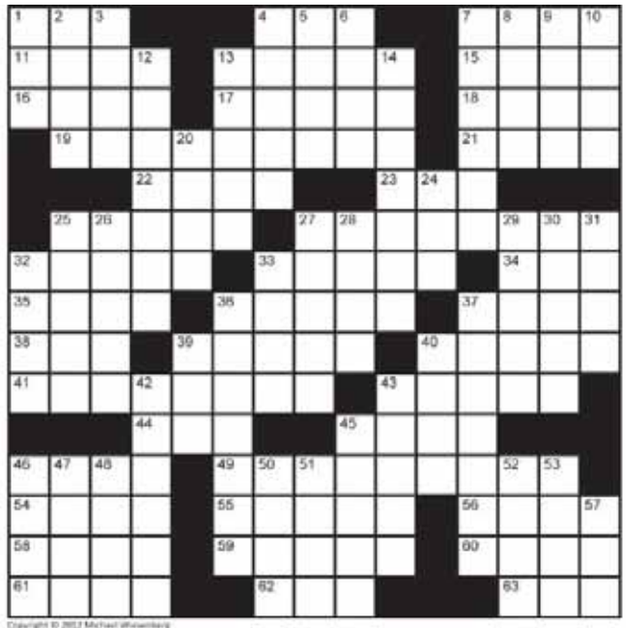
♒ Aquarius
Jan. 21 - Feb. 19
Take a more relaxed approach to life today, especially on the work front where you have gone about as far as you can by effort alone. You won't solve problems just by throwing yourself at them.

♓ Pisces
Feb. 20 - March 20
Your heart is beating faster and your pulse is pumping like it knows something good is about to happen. And it is. The planets will bring you a surprise today that you'll enjoy.

SALLY BROMPTON

Provinces, Cinemas, Water, and a PM

BY MICHAEL WIESENBERG



Across
1. ___ la la
4. Bond creator Fleming
7. Unwanted email
11. Accelerator particles
13. Finished
15. Mexican restaurant fare
16. Construct
17. Charming and confident
18. National police
19. Provincial grouping, with "the"
21. "Vous ___ ici": French shopping mall map indication
22. Ready: Fr.
23. That girl
25. Gossamer
27. Cinemas
32. Light-colored, as hair
33. Judge's domain
34. Galena or cinnabar
35. Where Ontario, Québec, and the Maritimes are located
36. "Water Lilies" painter Claude
37. Raymond ___: New Westminster, BC-born Perry Mason portrayer
38. Adam's mate
39. Acts gloomy
40. *Aladdin* character voiced by Robin Williams
41. One of Winnipeg's main waterways (2 wds.)
43. Gives money (to)
44. Cherry tree chopper
45. Result of 43-Across
46. Russian leader before 1917
49. See 43-Down (2 wds.)
54. Ireland, to its natives
55. Teheran resident
56. Slave away
58. Summer drinks
59. Appellations
60. Ripped
61. Chair or bench
62. "N'est ce ___?": "Isn't that so?"
63. Flanders of The Simpsons

Down
1. ___ Horton's
2. Wander
3. Ottawa-born My Way singer-composer Paul
4. Some Yukon natives
5. Eve's mate
6. Guelph, Ontario-born *Scream* star Campbell
7. *Sesame* ___: kids' educational show
8. Agreement
9. #1 position
10. Spill cleaners
12. Biblical tempter of 38-Across
13. "Poly" add-on
14. Baked Alaska or baklava
20. Angered
24. Medicine ___, AB
25. NWT's Great ___ Lake
26. ___ down: washed, as a driveway
27. Printer need
28. Tints
29. ___ of golf: 18 holes, say
30. "To ___ human, to forgive divine" (2 wds.)
31. Devoid of moisture
32. Molson's, say
33. Contend with difficulties
36. Takes residence (2 wds.)
37. R.B. ___: 11th Prime Minister (1930-35)
39. Blend together
40. Sport needs
42. Hardest to come by
43. With 49-Across, 12th Prime Minister (1948-57)
45. Country roads
46. Afternoon cupfuls
47. Coleslaw or fries, say
48. Acreage
50. Canadian Open hazard
51. Dalai ___: chief Tibetan monk
52. Midday
53. Exhaust
57. ___ Zeppelin of rock

Friday's Crossword

What's online

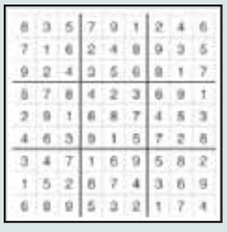
See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

4					1			
2				3		7	5	
9		8			6			
7	6	2				8		
3								9
		9				6	4	1
			7			5		3
	9	3		5				7
			9					2

Friday's Sudoku



Today 14°/5° Partly cloudy
Wednesday 13°/4° Showers 70%
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- Loaded, A/C, Lthr, Roof, Auto
- st: 34279
- km: 40489

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09 Lexus RX350
- AWD, Loaded, NAV, Lthr, Roof
- st: 32760
- km: 61296

$32,850
$296** Bi-weekly

08 Lincoln MKZ
- AWD loaded, roof,lthr.
- st: 33632
- km: 98400

$15,950
$175* Bi-weekly

08 Benz B200
- Loaded, A/C, Auto
- st: 34280
- km: 71303

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$186* Bi-weekly

08 Benz C230 4Matic
- AWD, Loaded, Lthr, Roof, Auto
- st: 34149
- km: 40268

$25,980
$272* Bi-weekly

08 Volvo XC90
- AWD, Loaded, Roof, Lthr
- st: 33566
- km: 44617

$26,950
$283* Bi-weekly

08 Benz ML350 4Matic
- NAV, Loaded, Lthr, Roof, A/C
- st: 33735
- km: 63039

$29,995
$356* Bi-weekly

11 BMW 323
- AWD, Loaded, Roof, Lthr, Auto
- st: 34362
- km: 53004

$26,950
$215*** Bi-weekly

08 BMW X3
- AWD, Loaded, Roof, Lthr, Auto
- st: 33285
- km: 51156

$29,650
$311* Bi-weekly

07 Cadillac CTS
- Loaded, A/C, Lthr, Auto
- st: 33383
- km: 64065

$16,930
$186* Bi-weekly

09 Benz E300 4Matic
- NAV, Loaded, Lthr, Roof, A/C
- st: 33686
- km: 46356

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$305** Bi-weekly

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07 Pontiac G5 SE
- Loaded, A/C
- st: 33310
- km: 60796

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$76* Bi-weekly

12 Toyota Yaris LE
- Loaded, A/C, Auto
- st: 34360
- km: 23531

$14,830
$126*** Bi-weekly

08 Suzuki SX4
- Loaded, A/C
- st: 33948
- km: 50342

$8,960
$98* Bi-weekly

07 Wave
- Std
- st: 34093
- km: 79214

$5,960
$65* Bi-weekly

07 Spectra EX
- Loaded, A/C, Auto
- st: 33607
- km: 52831

$7,760
$85* Bi-weekly

09 Aveo5 LS
- A/C, Std
- st: 33559
- km: 60195

$7,950
$76** Bi-weekly

11 Ford Fiesta SE
- Loaded, A/C, Auto
- st: 33517
- km: 50713

$13,980
$119*** Bi-weekly

08 Cobalt LS
- Std
- st: 34124
- km: 72981

$6,570
$72* Bi-weekly

07 Suzuki Swift
- Loaded, A/C
- st: 33291
- km: 48697

$6,940
$81* Bi-weekly

08 Accent GLS
- Loaded, A/C
- st: 12245-A
- km: 109989

$5,980
$70* Bi-weekly

09 Kia Rio LX
- Std
- st: 34055
- km: 88234

$7,970
$76** Bi-weekly

09 Nissan Versa
- Loaded, A/C, Auto
- st: 12292
- km: 57916

$10,740
$102* Bi-weekly

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11 FORD E350 XLT SUPER DUTY
LOADED, A/C • 14223km
st:34214 • **$25,860** • bw:$206***

12 GR.CARAVAN STOW N GO
LOADED, A/C • 39525 km
st:34323 • **$18,750** • bw:$160***

10 MAZDA 3
STD • 31765km
st:34201 • **$10,970** • bw:$93***

10 TOYOTA MATRIX
LOADED, A/C, AUTO • 55791km
st:33938 • **$14,750** • bw:$126***

10 FORESTER AWD
LOADED, A/C, AUTO • 62998km
st:33139 • **$21,980** • bw:$175**

08 SONATA GLS
LOADED, A/C, AUTO • 84417km
st:34208 • **$9,960** • bw:$109*

11 CAMRY LE
LOADED, A/C, AUTO • 49156km
st:33164 • **$17,950** • bw:$158***

08 MAXIMA 3.5SE
LOADED, A/C, AUTO • 89027km
st:34120 • **$14,870** • bw:$163*

11 SIENNA LE
LOADED, A/C • 50429km
st:34134 • **$24,950** • bw:$199***

11 IMPREZA AWD
LOADED, A/C, AUTO • 28700km
st:34337 • **$17,880** • bw:$152*

10 CHRYSLER 300
LOADED, A/C • 37776km
st:32861 • **$15,800** • bw:$134***

08 RABBIT
LOADED, A/C • 92582km
st:34270 • **$10,950** • bw:$120*

11 FUSION SEL AWD
LOADED, A/C, LTHR, ROOF • 15190km
st:34153 • **$20,970** • bw:$167***

09 COROLLA CE
LOADED, A/C • 91942km
st:34183 • **$10,670** • bw:$102**

11 CALIBER SXT
LOADED, A/C, AUTO • 25968km
st:34003 • **$13,950** • bw:$119***

08 SAAB 9-3 2.0T
LOADED, A/C, LTHR, ROOF • 90901km
st:33488 • **$12,980** • bw:$154*

07 TUCSON GLS
LOADED, A/C • 91780km
st:34027 • **$8,970** • bw:$99*

08 FORD EDGE SEL AWD
LOADED, A/C, AUTO • 79226km
st:34136 • **$16,880** • bw:$186*

08 ACCORD EX
LOADED, A/C, ROOF, AUTO • 98887km
st:32255 • **$13,870** • bw:$152*

11 SUZUKI KIZASHI
LOADED, A/C, AUTO • 34328km
st:33619 • **$16,970** • bw:$144***

07 VOLVO S60
LOADED, A/C, ROOF, LTHR • 87224km
st:32589 • **$15,870** • bw:$174*

08 HONDA CR-V 4WD
LOADED, A/C, AUTO • 87593km
st:33494 • **$16,460** • bw:$181*

09 ESCAPE XLT 4WD
LOADED, A/C, AUTO • 96465km
st:32908-A • **$14,860** • bw:$142**

08 EXPLORER SPORTTRAC 4WD
LOADED, A/C, AUTO • 49960km
st:34351 • **$20,840** • bw:$218***

12 ELANTRA
LOADED, A/C • 13753km
st:34096 • **$15,850** • bw:$135**

09 SANTA FE
LOADED, A/C, AUTO • 49282km
st:33258-A • **$16,970** • bw:$162**

08 ROGUE S
LOADED, A/C, AUTO • 99206km
st:33988 • **$12,840** • bw:$141*

08 RONDO LX
LOADED, A/C, AUTO • 55276km
st:34145 • **$9,380** • bw:$103*

11 AVENGER SXT
LOADED, A/C, ROOF, AUTO • 20276km
st:33541 • **$15,950** • bw:$143**

07 MAZDA CX-7 AWD
LOADED, A/C • 97217km
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10 SENTRA
LOADED, A/C • 65850km
st:34299 • **$9,950** • bw:$85***

08 MAZDA 5
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12 ALTIMA XTRONIC CVT
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